

BBC

goodfood

March 2022
DHS15

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Middle East

Perfect pancakes

- + Buttermilk corn pancakes with bacon & maple syrup
- + Fluffy Japanese pancakes
- + Ricotta hotcakes with vanilla-roasted blood orange

MEAT-FREE
DIET PLAN

5

INGREDIENT
FAMILY
MEALS

JUST FOR MUM
Mother's Day recipes and more

CPI

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Sensational Saturday Brunch AT SUQ

Celebrate life and travel the world dish-by-dish by filling your plates with our offerings of sushi, pasta, seafood and more in our palatial Arabian market.

Starting at AED 400 including soft drinks.

To reserve a table contact 04 270 7770



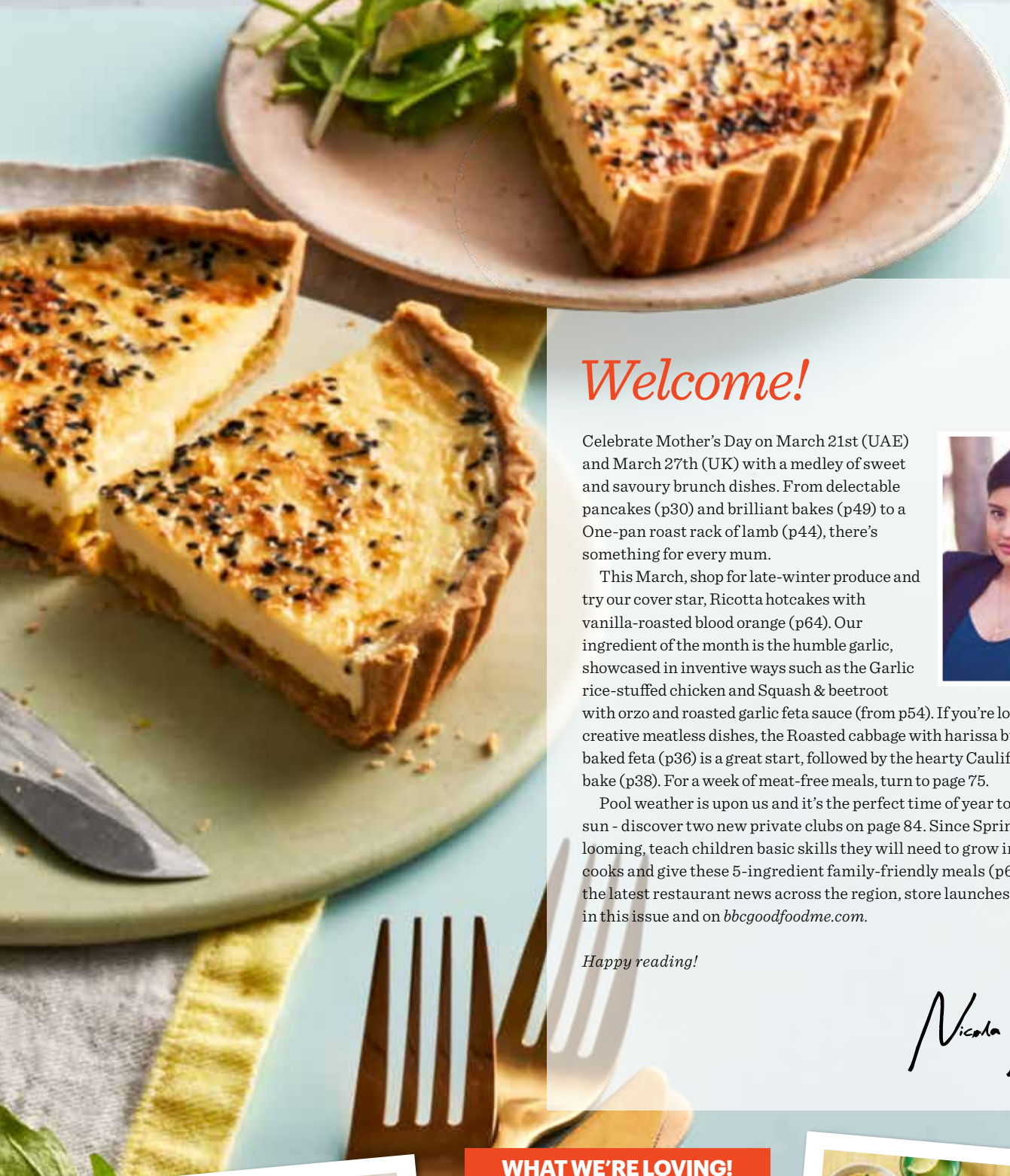
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goodfood
MAGAZINE
AWARDS
2021

WINNER

Family Brunch UAE



Welcome!

Celebrate Mother's Day on March 21st (UAE) and March 27th (UK) with a medley of sweet and savoury brunch dishes. From delectable pancakes (p30) and brilliant bakes (p49) to a One-pan roast rack of lamb (p44), there's something for every mum.

This March, shop for late-winter produce and try our cover star, Ricotta hotcakes with vanilla-roasted blood orange (p64). Our ingredient of the month is the humble garlic, showcased in inventive ways such as the Garlic rice-stuffed chicken and Squash & beetroot with orzo and roasted garlic feta sauce (from p54). If you're looking for creative meatless dishes, the Roasted cabbage with harissa butter beans & baked feta (p36) is a great start, followed by the hearty Cauliflower cheese bake (p38). For a week of meat-free meals, turn to page 75.

Pool weather is upon us and it's the perfect time of year to soak up the sun - discover two new private clubs on page 84. Since Spring break is looming, teach children basic skills they will need to grow into confident cooks and give these 5-ingredient family-friendly meals (p65) a go! Find the latest restaurant news across the region, store launches and reviews, in this issue and on bbcgoodfoodme.com.

Happy reading!



Nicola Monteath
Editor

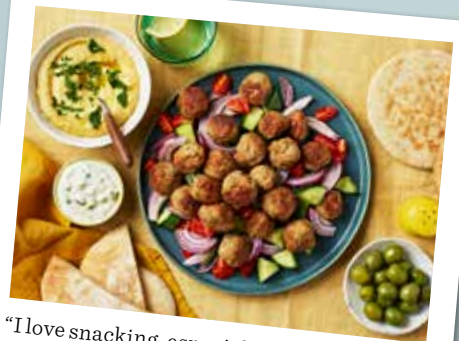
WHAT WE'RE LOVING!



"Fluffy Japanese pancakes are perhaps the most indulgent weekend breakfast," says Sales manager, Liz.



Digital editor, Serena says: "These moreish Spinach-stuffed pizza pies were a hit at my husband's recent game night at home."



"I love snacking, especially while catching up on TV shows. This week's snack platter will include delicious Meze meatballs with toum (Lebanese garlic sauce), pickles, pitta bread and fries," says graphic designer, Froilan.



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Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

🧊 Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C Iron Omega-3 Calcium Folate Fibre

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

gf STAR LETTER



Being a college student, I am not very fond of doing the dishes. Your article on creating dishes all together in one pot helped me save time and get dinner on the table faster. All I needed was either a pot or a tray to recreate those healthy and balanced meals. So thank you *BBC Good Food Middle East* for helping me save time with those great recipes.

Reshma Ajit



Narrowing down on a restaurant for Valentine's Day can be harder than one thinks especially with a busy schedule. The Tried & Tasted section in the magazine saved us so much time and we booked our Valentine's Day dinner based on the excellent suggestions. Oh, and we had a great night out by the way! Thank you.

Dominick Cihelka



I loved the Cooking with Kids recipes this month as it all sounded fun and was delicious and easy to make. I was able to convince my three kids to keep their devices away and join in, and we had a jolly good time trying out the recipes and tasting it. Frankly, we ate while we cooked, there was not much of the dish to be seen at the end of the cooking.

Maria Kurian

WIN!

STORE CREDIT FROM MARKS & SPENCER, WORTH AED1,000





The leading British retailer Marks & Spencer, operated by the Al-Futtaim Group is home to France's favourite gourmet frozen food brand, Picard. The remarkable range will truly please culinary enthusiasts looking for sensational French cuisine at home. Specialising in only the finest flavours, Picard is also known as France's best-kept secret for a quick meal that doesn't compromise on taste. The showstopping collection features canapés, classic creations and indulgent desserts such as Moelleux au chocolat. Picard guarantees scrumptious and wholesome food for day-to-day meals or special occasions. One lucky winner will receive store credit to shop Picard products at Marks & Spencer.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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kitchen



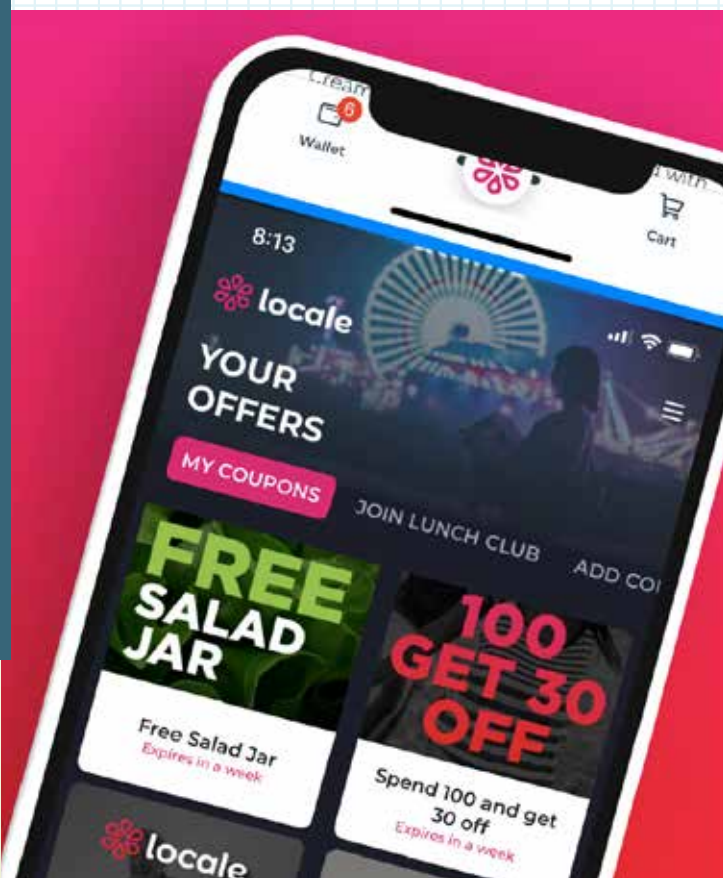
Available from SIMPLY KITCHEN stores in Mall of the Emirates, Yas Mall, Dalma Mall, IBN Batutta Mall, Manar Mall and Dubai Festival Plaza & THINK KITCHEN stores in Dubai Festival City Mall, Dubai Mall, Mushrif Mall, Marina Mall Abu Dhabi, Bawadi Mall, Bawabat Al Sharq Mall and BHS Al Ain store.



simplykitchenstores

NEWS nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East



REVOLUTIONIZING FOOD DELIVERY

The next time you have friends and family over and plan on ordering takeout, download the Locale app; the UAE's latest food aggregator that allows you to combine multiple dishes from various brands in one order. If you're craving pizza but your dining partner wants a salad or poke bowl, Locale has something to suit every tastebud and craving. The brand has partnered with local 'foodpreneurs' to share their belief that good food matters, and as such, is developing a more sustainable eco-system for brands to flourish in the space. Through the user-friendly app, you can order from Freedom Pizza, Coco Yogo, Salad Jar, Wildflower and Parlor, to name a few.

Available on App Store & Google Play.

THE BEST BITES

Made by Two, founded by Mouza Al Abbar of Al Abbar Enterprises, is a great Mother's Day gift for those who love premium quality chocolate. The newly launched, first-ever glazed collection stems inspiration from art, form and design. The chocolatier offers 29 flavours featuring classic chocolates like Nutella Hazel to curated Chips Oman infused chocolates, each made with hand-selected cacao beans sourced from Tanzania, Madagascar and Peru. Inspired by the reflection of water, the newest addition to the exquisite collection is the Glaze By Made, available in five rich, layered flavours including Ghazal Banat, Rahash Shine, Berry Balsamic and Baklava Crunch.

Visit alabbarenterprises.com/madebytwo.



HEALTHY & CONVENIENT

Sambazon, the first Certified Organic and Fair Trade Açaí company in the world, that offers frozen treats, smoothie packs, energy drinks and more, recently launched Ready-to-Eat Açaí Bowls. Packed with antioxidants and healthy omegas, the fair-trade, vegan and non-GMO bowls - at just 190-290 calories each - are available in flavours including Amazon Superberry and Berry bliss (Acai and strawberry blend with one billion probiotics per serving). The bowls are ready to eat out of the freezer. Defrost at room temperature for 10-15 minutes or microwave, stir until soft and creamy, add the granola toppings from the cup and top with fruit. In line with the company's environmental mission to protect the Amazon, these bowls are served in packaging made from 100 per cent plant-fibre and compostable materials that are recyclable or waste-disposal friendly.

Available at Carrefour, Choitrams, Zoom, Kibsons, Lulu and Talabat.

A DAIRY ALTERNATIVE



Saba Plant-Based, a homegrown organic healthy food brand, has introduced its range of non-dairy drinking yogurt, the Cocogurt Drink. The probiotic drink made with organic Sri Lankan coconut milk, fresh fruit and agave syrup is teeming with antioxidants, vitamins and minerals that are essential for digestive health. Available in three delicious flavours – Raspberry, Vanilla and Natural, the smooth and creamy textured drink contains only natural sugars and is free of artificial flavours, colours, and sweeteners.

Available at leading retailers and e-tailers such as Kibsons, Classic Deli, Carrefour and Spinneys.

FROM ATHENS TO DUBAI



Carpo, the international retail brand established 30 years ago, has opened its flagship store at Fashion Avenue, Dubai Mall, serving up a selection of fine, hand-selected nuts, premium chocolates and speciality brewed coffee. Founded in Athens in the 1900s, carpo (the name originates from the Greek Goddess Karpo in Greek Mythology, known for ripening and harvesting produce for the community in Autumn) exudes a certain charm of the era, reflected in the detail-oriented interiors. Furthermore, jazz and opera tunes fill up the Parisian-inspired space fitted with antique chairs from a theatre in Italy. The brand offers 200 premium products, luxury hampers, dine-in options including handcrafted deli products, seasonal delicacies and handmade desserts.

Visit Carpoworld.com.



MARK YOUR CALENDAR

The UAE's first-ever experiential bar & food hall concept, Social Distrikt has rolled out an immersive wellness workshop in collaboration with nutrition and wellbeing consultant, Bana Idris. 'Get Social With B' will kick off with a soulful cooking masterclass, followed by innovative themes and concepts for every week throughout the months to come. An advocate of the 'no diet' diet, Bana champions healthy and sustainable living through long-term lifestyle adjustments. The cooking masterclass aims to educate guests on how to be more mindful about food, while sharing tips and tricks to creating wholesome meals at home.

March 8 from 4-8pm at AED300 per person.
Contact +97152 515 8995 or email info@socialdistrikt.com.

Flavours of the *month*

What's hot and happening
around town this month

➤ BLEU BLANC, THE ST. REGIS DOWNTOWN DUBAI

The much-loved Bleu Blanc has reopened its doors offering a brand-new menu brimming with authentic French flavours. At the heart of Downtown Dubai, the elegant restaurant blends authentic French cuisine with a relaxed continental approach to fine dining. Hailed for serving the finest quality oysters, the upgraded Bleu Blanc menu brings back its most sought-after shells, namely the velvety Pink Tarbouriech and a smooth Dibba Bay - compounded with rice vinegar mignonette, yuzu pearls and jalapeño granite. For starters, the dry-aged Beef tartare served with smoked eggplants and aioli and an earthy King crab salad topped off with virgin vegetables, smoothly textured avocados, salmon roe and freshwater cress are a great way to commence the meal. Moving onto mains, devour succulent Barbeque lamb ribs garnished with potato mille-feuille and crème fraîche and a juicy Duck confit adorned with smoked baby gems and glazed with sauce à l'orange. Potato Gnocchi filled with forest mushrooms, black truffle and topped off with parmesan cheese is another delicacy to try. Round off the meal with gooey Araguani chocolate ganache presented with creamy raspberry sorbet. Jazz-lovers are in for a treat on Thursday and Friday evenings, with the French jazz band transporting diners to the streets of Southern France.

Contact +974 512 5533

➤ RISEN CAFÉ & ARTISANAL BAKERY



Celebrated Mother's Day with mum or a mum friend at Risen, where you will be treated to a special buy two, get one free offer on all the decadent Mother's Day pastries including Chocolate fudge and Carrot cake. You can also opt for a box at just AED50.

March 21. Contact +9714 550 8112.



Photographs SUPPLIED

Bleu Blanc, The St. Regis Downtown Dubai



TEIBLE

Nestled at Dubai's contemporary art museum, Jameel Arts Centre, Teible has opened its doors to promote a new food culture with a vibrant menu designed around a simplistic kitchen approach. Embracing

local seasonal dining, motivated by a four-pillar value system that includes sustainability, seasonality, simplicity and integrity, the space features natural elements that pay homage to Japanese and Scandinavian design. Enjoy unrivalled views of the Jaddaf Waterfront creek as you indulge in a seasonal degustation experience - with produce sourced from local farms - that combines simplicity with innovation. For example, leftover whey from cheese-making processes is used to create caramel for their tangy Sirniki cheesecake hotcakes. The menu features dishes such as the Camel caramelle pasta showcasing camel ricotta, fennel, parmesan broth, black olive and burnt fennel. Under the charred menu, the Lamb & Kimchi dish of lamb, swiss chard, fermented kimchi, lamb jus and corn is one to try. The bakery is open for breakfast too, serving omni-roasted Danish speciality coffee, freshly baked sourdough bread and buttery-rich pastries.

Contact +9714 243 6683.

BASKO



Located at Opus by Zaha Hadid, Basko is the newest dining destination in the city to offer a modern classic menu with flavours from France, Italy and Spain. Make a beeline for the Basko brunch this weekend, offering seamless service style that brings your choice of starters and mains from the kitchen with an upbeat flair. The DJ sets the tone for the afternoon with warm, funky tunes, as you begin your experience with treats from the oyster bar, followed by your choice of classic appetizers including Salmon avocado with poached Eggs or Shrimp carpaccio. Classic Mediterranean twists are freshly balanced for mains, with a creamy Saffron Cecina spaghetti, Braised beef cheeks and a choice of sides. The

delightful Lemon tart, Rose cookie and Basko cake desserts makes for a decadent ending.

Saturday and Sunday from 12-4pm. AED390 per person.
Contact +9714 582 4242.

THE RITZ-CARLTON, DUBAI INTERNATIONAL FINANCIAL CENTRE



Set to be the newest family destination, the all-new Sunday Family Roast Brunch at the renowned Café Belge and Sunken Garden invites diners to an extravagant brunch, offering stations for salads, cold seafood, cheese & charcuterie, live grill, meats, pasta & risotto, and tempura. Relish dishes such as Roasted beef legs and whole Roasted local fish while sipping

adult beverages and swaying to tunes by the DJ. Little ones have their very own feast comprising Penne pasta with tomato sauce, Chicken tenders and fries, Mini cheese sliders and a delish Roast buffet. An afternoon of fun activities is in store, with a magician, balloon bending, face painting, arts and crafts and a princess performance to entertain kids. Don't miss the ice cream selection, hot and miniature desserts.

Sunday from 12-4pm. AED299 for the non-alcoholic package, AED399 for the house beverage package and AED499 for bubbly. AED150 for children between 4-11 and complimentary for kids under 3 years old.
Contact +9714 372 2777 to book.



THE WB ABU DHABI, CURIO COLLECTION BY HILTON

There's a new brunch in the Capital at The Overlook. The adults-only Cloud Seven Brunch will spoil you for choice, with a medley of East and West flavours served from live cooking stations and sharing platters by the rooftop's poolside. Make a stop at the international burger bar and choose from Katsu, Falafel, Mexican chicken and classic American burgers. The brunch also includes a Komodo Charcoal skewer station; Baos and bowls station for Peking duck, Rendang shredded beef, spicy tuna or avocado bao; and a dim sum station. Expert mixologists have curated refreshing sips while the DJ and saxophonist liven up the brunch as you indulge and take in the picturesque views of Yas Island. End the meal with Mochi ice cream, Coconut mango sago, Dark chocolate matcha tiramisu and Uncle Tetsu's cheesecake, served with a molecular gastronomy twist.

AED210 per person inclusive of soft beverages, AED350 inclusive of house beverages, AED425 for the Premium package and AED525 for the Bubbly package. Contact +9712 815 0000.



BISTROT90

Bringing a taste of Puglia to the city, Fairmont Dubai, Sheikh Zayed Road's latest addition is a restaurant, lounge, terrace and nightlife destination, Bistrot90. The first international outpost for the restaurant is centred around authentic Italian flavours with modern flair, paired with a sustainable grape list, interactive performances and a resident DJ that takes to the decks every night. Soak in uninterrupted views of Burj Khalifa and the Museum of the Future from the expansive al fresco terrace, and savour dishes from the menu starring Polpetta Pugliesi (Puglia-style meatballs), Parmigiana 2.1 (baked aubergine with tomato, pecorino cheese and anchovies), Polpo e patate (marinated octopus with potato salad, and carpaccio di manzo) and more for appetisers. A Milanese-style veal entrecote, Bavetta al nero di seppia (squid ink linguine with Sardinian fish roe and gold leaf) and the Signature pinsa gold (a Roman-style pizza topped with smoked scamorza, gold leaf and truffle) are some of the highlights for mains.

Contact +97158 532 1447.

GCC



👉 HABSBERG, ROSEWOOD JEDDAH

Gather your family for the newly launched brunch at Habsburg, that's tailored to meet the needs of younger guests aged 8 and below. While the adults tuck into an array of signature dishes at the carving station, authentic and tender lamb Ouzi, fresh Sushi and traditional Indian biryani, alongside a wide selection of delicious curries and refreshing hot and cold beverages, little ones can head for the Arts and Crafts Garden where well-trained staff will look after them as they decorate cupcakes, cookies and get their faces painted before watching the Mimi & juju performance and magic show, amongst other interactive activities. Kids are treated to fresh mini pizza, spaghetti, and a variety of seasonal fresh fruits & ice cream, while adults can end the meal with a wide selection of desserts.

Friday from 1-5pm. SAR299 for adults, and 50 per cent off for children from 6-12 years old. Complimentary for kids under 6. Contact +966 12 260 7139.



👉 SHANGRI-LA JEDDAH

Shangri-La has opened its doors in Saudi Arabia. Diners can head to the latest outpost of the award-winning restaurant Shang Palace, offering modern Chinese cuisine in a space inspired by traditional courtyard siheyuan houses, where the service and ambience are as exciting as the food. Additionally, diners can also experience a truly interactive culinary experience at The Waterfront Kitchen; a yacht-inspired all-day-dining restaurant with vibrant live cooking stations, and fine coffee and chocolate pairings at the boutique patisserie COPA.

Contact +966 12 696 8888.

👉 INCENSE ROAD SUPPERS

Bompas & Parr has collaborated with multimedia storytelling company Avocado Toast to bring to life a 360 immersive digital dining room at Nakhil Brzan Farm in the city of AlUla. Drawing on the expert knowledge of curators and historical researchers to evoke the stories of the Incense Road around 2,000 years ago. Expect six curated courses, stories from the Incense Road brought to life through immersive audio-visual projection and stories of traders and historical icons, paired with a contemporary interpretation of the ingredients experienced along the Incense Road, from Memphis-style cardamom-spiced chicken to traditional pit-roasted goat shoulder and cinnamon-infused chocolate Trajan coins.

From March 3-11. SAR700 per person.
Visit experiencealula.com to reserve a spot.

👉 AL BALEED RESORT SALALAH BY ANANTARA

Two Michelin-starred chefs will be hosting a series of culinary events this March. Chef Sota Atsumi from Maison in Paris, named "Most Influential Parisian Chef" by The New York Times in 2019, will present an innovative take on Asian-infused French cuisine with local ingredients, while Chef Rik Jansma from Basiliek in the Netherlands - who honed his craft under luminaries such as Gerry Brokken and Jan de Wit - will showcase the culinary masterpieces that have put his Dutch restaurant on the global culinary map. Both chefs will offer a signature six-course menu, a four-course menu and live workshops.

For the full itinerary, visit anantara.com, email fb.aabs@anantara or contact +968 2322 8222.





JAPANESE SENSATION

Award-winning street food restaurant, Soul Street launches new impressive Japanese menu. See why our Brunch of the Year winner is a must visit on your Dubai dining list

The most Instagrammable street food venue, Soul Street at FIVE Jumeirah Village has wowed Dubai with its unique, immersive dining experience, encouraging consumers to travel on a culinary journey like no other, and taste the world one cuisine at a time. Since its grand opening, Soul Street has put itself firmly on the map as a foodie paradise, celebrating flavours from Asia, Latin America, India, Europe and many more exciting fusions, all under one roof.

And now, Soul Street has done it again with another new impressive menu celebrating Japanese specialties, plus handcrafted sushi selections. Here's what to expect:

To start, tantalise your tastebuds with tsuka wakame, shrimp tempura with generous wasabi mayo, wasabi chips and plenty of delicious ginger soy dressing in an array of fresh salads and crispy tempura starters.

To follow, immerse yourself in exquisite sushi and sashimi, ranging from fresh bluefin tuna and scallops to hamachi and salmon! For the meat lovers, never fear as there are plenty of

Wagyu options to choose from, with each piece handcrafted and prepared fresh per sitting. For the sushi connoisseur that fancies trying something a little more adventurous than the traditional Nigiri and Maki roll options, be sure to try our take on the Californian roll, filled with fresh king crab meat, spicy and wasabi mayo, black tobiko and kiko flowers – perfect for the 'gram.

For the truffle lover, opt for our 'Sake Fuji-San' (uramaki), which adds truffle cream cheese plus teriyaki and angel hair fries to the salmon, for an extra kick of flavour. Similarly, our 'Wagyu Gunkan' is a must try for foodies, boasting ingredients such as wagyu striploin, truffle mayo, sesame teriyaki and kizami wasabi. And if that wasn't enough, the new Japanese treats have also made it to the award-winning Nomad brunch at Soul St. This Brunch of the year winner comes with gourmet street food, pool access and festival-like entertainment to get you feelin' a whole lot of soul.

Book your spot at our award-winning day to night hotspot and experience an unforgettable brunch like no other: bottomless sips, unlimited street food from Asia, Latin America, India and more, plus unrivalled entertainment including festival-like performances and the best house beats to get your weekend started off right.

From tacos and Peking duck to samosas and bao buns, experience taste after taste from around the globe every Saturday from 1-4pm from AED299 per person. Keep the party going at the after brunch from 4pm inviting you the best vibes at the outdoor pool.

For reservations or more information email fjvd.dining@fivehotelsandresorts.com or call +971 55 700 0515. Visit Soul St. <https://soul.st> and FIVE Jumeirah Village: <https://jumeirahvillage.fivehotelsandresorts.com>



BRUNCH & STAY

The renowned Islanders Brunch at Doubletree by Hilton Resort & Spa Marjan Island now includes an unparalleled staycation deal



— OUR PACKAGES —

The Brunch & Stay package includes the option of a weekend getaway, which allows guests to enjoy a brunch and stay deal with breakfast and late checkout until 5pm, for 2 adults or 2 adults and 2 children (below 6).

- **Brunch & Stay + Hawaiian package:** AED1,121 net for the non-alcoholic package.
- **Brunch & Stay + Bahamas package:** AED1,229 net inclusive of free-flowing house beverages, concoctions and bubbly.
- **Maldives package:** AED1,329 net inclusive of free-flowing house beverages, concoctions and bubbly, with 1 hour of free drinks at the after-party at Anchor Brew & Grill.

**Prices are inclusive of 10% service charge, 7% Destination fee and 5% VAT*

Due to social distancing restrictions, the number of guests will be limited, and advanced bookings are required. Contact +9717 203 0000 for bookings and enquiry.

Why book just a staycation when you can Brunch & Stay? Escape to DoubleTree by Hilton Resort & Spa Marjan Island for a relaxing weekend by the beach and enjoy the celebrated Islander's Brunch that's now bigger and better than ever.

Currently celebrating six incredible years, The Islander's Brunch takes place every Saturday from 1-4pm, presenting an extraordinary culinary journey across the globe through five unique dining venues, set alongside stunning shoreside views coupled with live entertainment. Expect a station dedicated to meat, lobster, pizza, vegetarian dishes, and 15 types of seafood at the lavish Fish market. Diners can also enjoy an assortment of cheeses, a live pasta station, live burrata, grill, selected roasts, antipasti and delectable desserts including chocolate fountains, fried ice cream and a kid's corner with cotton candy, popcorn machine and sweets.

To further enhance your dining experience, sip on creative concoctions and exotic food while revelling in the captivating sounds of the saxophone and singing along to soulful rock classics. The party continues after brunch, at the stunning rooftop Anchor bar until 8pm, with vibrant tunes by the resident DJ mashed up with the sounds of the saxophone.

After a fun, spectacular dining experience, make a beeline for your suite to relax, take a stroll along the beach or discover the sensational activities available at the resort. Whether it's an extensive dining offering, a memorable getaway at an action-packed resort, or a relaxing staycation to unwind with close friends and family, the brunch and stay offer at DoubleTree by Hilton Resort & Spa Marjan Island is simply irresistible.

Tried & tasted

Our top dining experiences this month

BASTION DUBAI

After bidding farewell to the award-winning Latin American restaurant La Parilla, the space is now home to a refined brasserie and grill, Bastion. Make your way to the 25th floor of Jumeirah Beach Hotel and step into a rustic dining room boasting leather furnishing, comfortable couch seating and pops of green, set against the backdrop of the shimmering Arabian Gulf.

The highlights:

Before taking a seat indoors, my dining partner and I sipped refreshing signature Blood Orange concoctions on the terrace, marvelling at the iconic Burj Al Arab Jumeirah every few minutes while perusing the Hors D'Oeuvres and Raw

menu. Appreciating the chill breeze, we chose to dine al fresco for the first course, tucking into fresh, plump and meaty local Dibba Bay Oysters, and velvety Homemade foie gras with a delectable Bellini peach jam that I smeared all over toasted brioche. Both dishes were impeccable, but it was the Bastion Tartare that took this dining experience to the next level. Prepared table-side, the beef tartare served with quail's egg and fries on the side was well-executed, presenting delicate flavours of the meat with a buttery mouthfeel.

We stepped back into the dining room for mains, to feast on the 48-hour slow-cooked beef short rib that delicately fell off the bone. The meltingly tender and luscious meat is complemented by a faintly sweet creamy polenta and heirloom tomatoes. Another star dish is the Duck confit,

which is not only a visual stunner, with its crisp golden skin and vibrant root vegetables, but also a wholesome option for mains.

The Poires Belle Hélène came in highly recommended for dessert, as we wanted to end with a sharing-style treat that wasn't heavy. Easy to polish off within minutes, the incredibly light, subtly sweet poached pear doused in chocolate sauce was just what we needed to round off this outstanding meal.

The verdict:

Bastion's concise menu of brasserie staples with contemporary flair is apt for date night or a relaxed, refined meal with family and friends.

Book now

Contact +9714 432 3232 or visit [instagram.com/bastiondubai](https://www.instagram.com/bastiondubai).





LONDON CABARET CLUB, SOHO GARDEN PALM JUMEIRAH

Expect a slice of London in Dubai with a Bond-inspired show by The London Cabaret Club and a gourmet menu to suit. A dimly-lit passage led us to Soho Garden's restaurant and terrace, where we enjoyed a beverage before the performance and soaked in the views of Palm Jumeirah.

The award-winning London Never Dies show, in collaboration with Soho Garden, is the first performance outside London and just the place to be if you want to immerse yourself in the sophisticated vibes of this city.

The highlights:

Before the theatrical experience, diners are guided towards their seats. We were stunned when we walked into the spacious yet intimate, lounge, clubbing and dining venue. Taking our stage-side seating on a comfortable couch, my dining partner and I were keen to discover what was yet to come.

A glance at the Crystal menu (our package) ensured we had the "Best Table in the House" accompanied by a five-course menu and premium beverages. Minutes after being seated and served a bottle of red grape, the first plate arrived. The soft, buttery-textured Scallop on a



bed of creamy roasted leek purée was remarkable, with just the right amount of char on the scallop, topped with a generous serving of Oscietra caviar.

During the appetizer, you're introduced to the suave performance that takes you through the classic Bond hits, with dances, acrobatics and thrilling action. After the first set, we savoured the Duo of foie gras; a generous appetizer that showcases the delicacy as a terrine and pan-fried serving - the latter being our favourite. Rich and delicate, it was devoured with the accompanying onion and green apple chutney and homemade brioche that resembles large croutons.

The succeeding break brings forth the entrée and personally, one of my favourite dishes of the evening. The Spicy lobster tail was cooked to perfection, with the meat boasting a slight sweetness. Beneath the crustacean sat a tender sea bass fillet on cabbage leaves stewed in a turmeric mustard emulsion. The dish came together beautifully with flavours complementing each other,

while allowing individual components to stand out.

As the show unfolds, the Gold-leafed Australian Wagyu beef tenderloin is served, in true Dubai style, cooked to your preferred temperature. Fresh black truffle shavings add a hint of earthiness, with seared asparagus and a silky, thickened emulsion as a sauce supplementing the meat.

The performances are even more enthralling as the show goes on, with the meal concluding with a plate of desserts composed of a Cheesecake, meringue and jelly shot. While the appetizers and mains were impressive, and plated well, I found the dessert lacking that oomph factor.

The verdict:

The dinner and show is a fun night out with a bevy of friends. Additionally, the Crystal menu is a splurge-worthy meal apt for occasions, or when you want to impress a certain someone.

Book now:

AED450 for the Silver package, AED650 for the Gold package, AED950 for the Diamond package and AED2,500 for the Crystal package. Contact +97154 233 5555 or visit sohogardendxb.com/venues.



A TASTE OF JAPAN ARRIVES AT DUKES THE PALM

The five-star Champagne and Tea Lounge unveils a delectable, exclusive sushi menu

The award-winning destination sited at the heart of Dubai, Dukes the Palm, a Royal Hideaway Hotel, offers a five-star escape into a world of glamour and exclusivity. For the season, the property's very own Champagne and Tea Lounge has launched its new menu of delectable sushi offerings. Available from 6-10 pm every evening, from Tuesday to Sunday, guests can revel in an array of flavourful and freshly prepared sushi, sashimi, nigiri, and many more.

This sophisticated lounge welcomes guests into a traditional British space, ideal for the quintessential tradition of afternoon tea. The venue now transforms every evening, for guests to witness live sushi making and indulge in mouthwatering Japanese delicacies. The all-new Sushi Lounge menu features maki rolls including Tsurai Tuna, Dynamite, Mango Tapuri, California, and even vegetarian maki rolls. Asparagus and Daikon temakis are available with an assortment of salmon, tuna, crabstick, smoked eel Gunkans, Nigiri, and Sashimi. The Sushi Platters are apt for an after-work catch-up, comprising a selection of maki rolls, nigiri, and sashimis. Kani, Kaizen, and Papaya salad can be enjoyed alongside the Sushi offerings as well.

Champagne and Tea Lounge offers the quintessential British ambience with a sumptuous menu and now, delightful sushi offerings.

Contact +971 4 455 1101 or email dukesthepalm.dining@royalhideaway.com.





COOKING PROJECT

Bread rolls

A homemade batch of warm bread rolls can be the difference between an average sarnie and a next-level one. Make some on a Sunday to have with

hot soup, slice and stuff with your favourite fillings for packed lunches, or make them the centrepiece of a breakfast or brunch, slathered in butter and filled with bacon

and brown sauce. This recipe is really simple, with only a handful of ingredients required for results that are a brilliant alternative to shop-bought versions.

Easy bread rolls

MAKES 8 **PREP** 30 mins plus 2 hrs proving **COOK** 25-30 mins **EASY** **V**

500g strong white bread flour, plus extra for dusting
7g sachet fast-action yeast
1 tsp caster sugar
2 tsp fine salt
1 tsp sunflower oil, plus extra for kneading and proving
milk or beaten egg to glaze
handful of seeds (optional)

1 Tip the bread flour, yeast, sugar, salt and oil into a bowl. Pour over 325ml warm water, then mix (with a spatula or your hand) until it comes together into a shaggy dough. Make sure all the flour has been incorporated. Cover with a tea towel and leave for 10 mins.

2 Lightly oil the work surface, tip the dough onto it, then knead for at least 10 mins until tight and springy – if you have a stand mixer

you can do this with a dough hook for 5 mins. Pull the dough into a ball and put in a clean, oiled bowl. Leave for 1 hr, or until doubled in size.

3 Tip the dough onto a lightly floured surface and roll into a long sausage shape. Halve the dough, then divide each half into four pieces, so you have eight equal-sized portions. Roll each into a tight ball and put on a flour-dusted baking tray, leaving some room between each ball for rising. Cover with a damp tea towel and leave in a warm place to prove for 40 mins-1 hr or until almost doubled in size.

4 Heat the oven to 230C/210C fan/gas 8. Glaze the rolls with milk or beaten egg, dust with a bit more flour, then top with seeds, if you like. Bake for 25-30 mins, until light brown and hollow sounding when tapped on the base. Leave to cool on a wire rack.

GOOD TO KNOW vegan • low fat
PER SERVING 246 kcs • fat 2g • saturates 0g • carbs 48g • sugars 1g • fibre 2g • protein 8g • salt 1.2g

HOW TO USE YOUR BREAD ROLLS

● Make a posh sausage sarnie

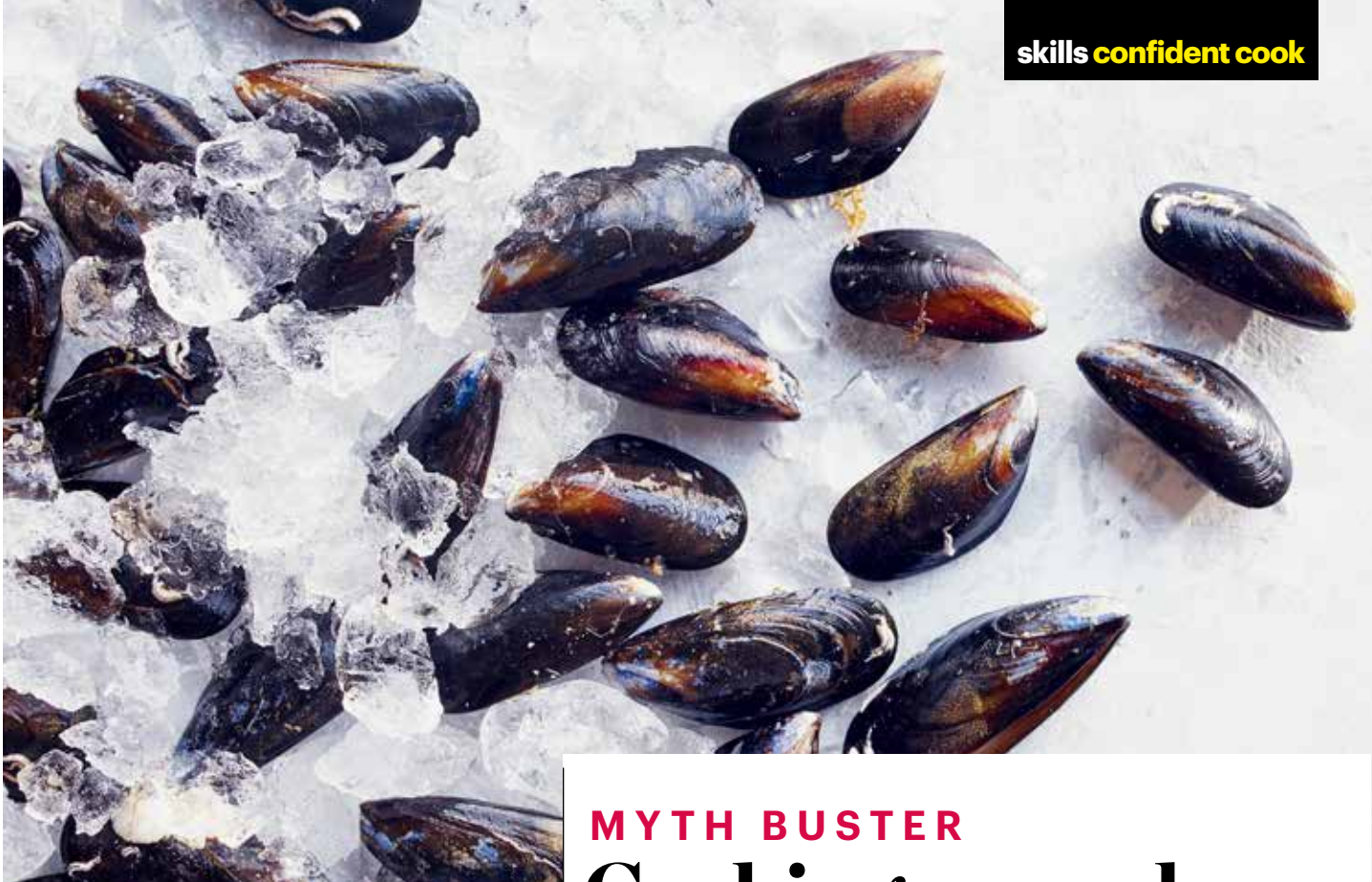
When fresh, bread rolls make fantastic sandwiches. Try a sausage sarnie recipe with pesto, roasted red pepper, mozzarella and punchy rocket.

● Try them with a hearty soup

There's little more comforting than a warm-from-the-oven bread roll, ripped open, slathered in butter and dunked into a steaming bowl of soup. Try a healthy, warming soups for the perfect pairing.

● Use as burger buns

Homemade rolls make a great alternative to the burger buns you find in the supermarket. Glaze with egg and sprinkle with sesame seeds for a classic look. Try one of our favourite meat or veggie burger recipes: bbcgoodfoodme.com



SURPRISING FLAVOUR COMBINATIONS

YES IT WORKS!



vanilla ice cream



olive oil



sea salt flakes

It may sound odd but this combination is very moreish and subtly refined. Use good-quality extra virgin olive oil with grassy, earthy tones, starting with a small drizzle and adding more to taste. A pinch of sea salt ramps things up a notch but feel free to leave it out.

MYTH BUSTER

Cooking mussels

THE MYTH YOU CAN'T EAT MUSSELS THAT STAY CLOSED AFTER COOKING

BARNEY SAYS:

Mussels must be alive before cooking to ensure their freshness. You can check this easily – if the shells are open when raw, they should close when tapped or squeezed. Discard those that don't. Avoid buying a big batch in the fishmongers if lots are open. Advice in the past has been to throw away any mussels that haven't opened

after cooking because they are assumed to be bad. This isn't true. Any that can easily be opened are fine to eat. However, if the mussel is very tightly closed, then it may still be a little raw and unpleasant. All this opening is hard work, so if you've got plenty to eat and one or two are still closed, there's nothing wrong with discarding and moving onto the next.

CLEVER KITCHEN HACKS

Get more juice

If you have a particularly firm lemon or lime to juice, try microwaving it for 10 seconds, then rolling it on a work surface before juicing. You should get loads more juice for that drizzle cake.





European Fruits: the essential and healthy nutritional choice

Juicy, crunchy and sweet, with bright colors and rich aroma: the balance of nature contained in a fruit, from the trees of the Greek orchards to your table!

The cultivation of fruit trees has been flourishing in Europe for centuries, and it is intertwined with the culture and life of the Mediterranean people. The microclimate of the area with its mild temperatures, the sufficient rainfall and the abundant sunshine offers the ideal conditions, influencing in the best way the quality of the fruits produced in the area.

The experience of the people who are working in fruit production, combined with the modern scientific methods and the strict standards of quality and control applied in Europe, ensure a safe product on your plate, of high nutritional value and unique quality. During the cultivation and production of European fruits, all legal requirements and safety and hygiene standards of the national standards and international quality protocols (certified by AGRO 2, GLOBALGAP, BRC, IFS and ISO 22000) are fully adopted and implemented.

Apples, Kiwis, Peaches, Nectarines and Cherries from Europe, produced in Greece: add the ultimate healthy habit to your daily diet!



Apple Cinnamon Muffins

INGREDIENTS FOR THE BATTER

2 cups All-Purpose Flour
1 tsp. Ground Cinnamon
1 tsp. Baking Powder
1/2 tsp. Baking Soda
1/2 tsp. Kosher Salt
1/2 cup (1 Stick) Unsalted Butter, softened

1/4 cup Granulated Sugar
1/4 cup Packed Brown Sugar
1 large Egg
1 tsp. Pure Vanilla Extract
1 cup Milk, preferably whole
1 large Granny Smith Apple, peeled, cored, and chopped

FOR THE CRUMB TOPPING

1/2 cup (1 stick) Unsalted Butter, melted and cooled slightly
1/4 cup Packed Brown Sugar
2 tbsp. Granulated Sugar
1 1/2 tsp. Ground Cinnamon
Pinch Kosher Salt
1 cup Plus 2 tbsp. All-Purpose Flour

DIRECTIONS

1. Make the batter: Preheat oven to 350°F with a rack in the middle position; line 2 standard muffin tins with paper liners. In a medium bowl, whisk together flour, cinnamon, baking powder, baking soda, and salt.

2. In a large bowl using a hand mixer or in the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugars together on medium speed until creamy. Add egg and vanilla and beat to combine. Scrape down sides of the bowl to make sure all is evenly incorporated. Add dry ingredients and beat on low speed until just a few dry streaks remain. Add milk and beat to combine. Fold in apples. Fill liners $\frac{3}{4}$ full with batter (you should get about 15).

3. Make the topping: In a medium bowl, combine melted butter, sugars, cinnamon, and a pinch of salt. Mix in flour until large crumbs form. Divide crumbs evenly over muffins.
4. Bake until a toothpick inserted in the middle of a muffin comes out clean, 20 to 22 minutes. Let cool slightly before serving.



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Delicious, simple,
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make recipes



midweek meals

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treasures

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veg box stars

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midweek meals

everyday pasta

Transform this classic storecupboard staple into a special weekday treat with recipes from **Rosie Mackean**

photographs MOWIE KAY



Rosie Mackean is a chef, food stylist, home economist and recipe developer with a passion for pasta-making. She's travelled extensively through Italy to hone her skills, and also teaches pasta masterclasses.
@rosiemackeanpastaqueen

**Red pepper &
anchovy spaghetti**

Broccoli &
taleggio rigatoni



Red pepper & anchovy spaghetti

My dad first got me to like anchovies by combining them with red peppers in a sauce. The sweetness of the peppers complements the umami anchovies so well. Using jarred ones saves so much time, too.

SERVES 2 **PREP 2 mins**
COOK 9 mins **EASY**

300g spaghetti
3 tbsp olive oil, plus extra
for drizzling
4 garlic cloves, sliced
8 anchovies

1 tsp chilli flakes
300g jar roasted red peppers,
drained and sliced
1 tbsp tomato purée
handful of basil, finely sliced

1 Bring a large pan of salted water to the boil, then stir in the spaghetti. Cook for 1 min less than the pack instructions. Tip the oil, garlic, anchovies and chilli flakes into another saucepan or a high-sided frying pan set over a medium heat. Cook for about 1 min, until the oil is hot and the garlic has started to sizzle slightly.

2 Add the roasted peppers and tomato purée. Stir well. Continue to cook the anchovy and pepper

mixture until the spaghetti is ready, adding a ladleful of the pasta cooking water as it cooks to loosen it and make a sauce.

3 When the spaghetti is ready, use tongs to transfer it directly from its cooking water to the sauce, adding a little more of the water to loosen if needed. Cook the spaghetti in the sauce for 30 seconds, tossing to coat, then remove from the heat and toss through the basil. Serve straightaway, drizzled with a little olive oil.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 787 kcals • fat 22g • saturates 3g •
carbs 119g • sugars 5g • fibre 8g • protein 24g •
salt 1.8g

Broccoli & taleggio rigatoni

Make this super-comforting pasta to use up any broccoli and cheese ends that you might have lying around in your fridge.

SERVES 2 **PREP 5 mins**
COOK 20 mins **EASY**

250ml whole milk
250g broccoli, blitzed in a food
processor until very fine
250g rigatoni
30g parmesan, finely grated
100g taleggio, cut into chunks
grating of nutmeg
olive oil, for drizzling

1 Bring a large pan of salted water to the boil. Meanwhile, bring the milk and broccoli to a gentle simmer in a second non-stick saucepan set over a medium heat and cook for 10-15 mins. The broccoli will cook in the milk and form a soft purée, which is the base of the sauce.

2 Tip the rigatoni into the pan of boiling water and stir. Cook for 1 min less than the pack instructions. Stir the parmesan and taleggio into the broccoli mixture until fully melted and smooth.

3 Season the sauce and grate in some nutmeg to taste. Transfer the rigatoni directly from its cooking water to the broccoli cheese sauce

using a slotted spoon. Mix together well, adding a ladleful of the water to loosen the sauce, if needed. Check for seasoning, then spoon into bowls and drizzle with a little olive oil before serving.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 741 kcals • fat 24g • saturates 15g •
carbs 89g • sugars 10g • fibre 11g • protein 37g •
salt 1.5g



Bucatini with mushrooms & sausage

This pays homage to some of the delicious pastas I've eaten across Umbria, where mushrooms and sausages are king. It also highlights the power of dried porcini stock.

SERVES 4 **PREP 5 mins**
COOK 22 mins **EASY**

20g dried porcini mushrooms
3 tbsp olive oil
4 large sausages, such as Italian or Cumberland (if using Cumberland, add a pinch of fennel seeds to the meat while cooking)
400g bucatini
4 garlic cloves, sliced
1-2 tsp chilli flakes
125ml non-alcoholic white wine
150ml double cream
grating of nutmeg
large handful of flat-leaf parsley, roughly chopped
parmesan, grated, to serve

1 Tip the dried porcini mushrooms into a large pan with 600ml boiling water from the kettle. Set over a low heat and simmer for 10-15 mins until slightly reduced to make an intense mushroom stock.
2 Heat the oil in a large pan over a medium heat. Squeeze the sausagemeat from the skins into the pan and fry for 5-8 mins, breaking it up with a wooden spoon as it cooks, until lightly browned.
3 Meanwhile, bring a large pan of salted water to the boil. Drop in the bucatini and move it around using tongs to prevent it sticking together. Cook for 9 mins. Meanwhile, add the garlic and chilli flakes to the sausagemeat and fry for 1 min before pouring in the non-alcoholic wine. Cook for 5 mins more until the non-alcoholic wine has reduced, then tip in the rehydrated

mushrooms and the stock (you should have about 350ml). Season with salt and black pepper, then bring to a simmer.

4 After roughly 9 mins, use the tongs to move the bucatini directly from its cooking water into the mushroom sauce. The mixture will seem quite watery at first, but the trick is to finish cooking the bucatini by simmering it in the broth – it will soak it all up and take on the earthy flavour. Keep moving the pasta in the broth using the tongs for 3 mins, or until most of the water has been absorbed. Stir in the cream, a grating of nutmeg and the parsley. Stir well, taste for seasoning and serve topped with lots of parmesan.

PER SERVING 794 kcal • fat 40g • saturates 18g •
carbs 80g • sugars 4g • fibre 5g • protein 21g •
salt 0.7g



Fettuccine with walnut & sage pesto

Walnuts make a creamy pasta sauce when blitzed up. This recipe is based on the traditional Ligurian dish *salsa di noci* ('walnut sauce'), but with added sage for really aromatic and bold flavour.

SERVES 3 **PREP 5 mins**
COOK 8 mins **EASY** **V**

100g walnuts
140ml whole or plant milk
10 sage leaves
1 garlic clove, crushed
250g fettuccine
50g parmesan or vegetarian alternative, plus extra to serve
4 tbsp extra virgin olive oil, plus extra for drizzling
2 large handfuls of flat-leaf parsley

1 Bring a large pan of salted water to the boil. Meanwhile, toast the walnuts in a dry frying pan over a

medium heat for 3-5 mins until lightly golden to bring out their intense nutty flavour. Remove from the heat and tip into a blender.

2 Warm the milk, sage leaves and garlic in a small pan over a low heat until the milk is steaming – the sage will lightly cook in the milk and the garlic will start to soften. Cooking the sage like this removes the bitterness, but preserves the flavour. Pour the infused milk along with the sage and garlic over the walnuts and leave to stand for 1 min.

3 Stir the fettuccine into the pan of boiling water and cook for around 10 mins, or until al dente. Grate in the cheese and add the oil and parsley to the blender along with a generous pinch each of salt and

pepper, then blitz until you have a chunky pesto. Transfer the sauce to a large pan and keep warm over a low heat, stirring so it doesn't burn. Transfer the fettuccine directly from its cooking water into the sauce using tongs, then toss well, adding a couple of ladlefuls of the water to loosen if needed. Divide between bowls and grate over more parmesan and drizzle with oil.

GOOD TO KNOW calcium • fibre

PER SERVING 727 kcal • fat 46g • saturates 9g •
carbs 51g • sugars 4g • fibre 6g • protein 24g •
salt 0.4g



Cherry tomato & ricotta cavatappi

Canned cherry tomatoes are an absolute weapon in the kitchen, as they're already sweet and require half the cooking time of regular canned tomatoes. This is a very simple pasta bake that will be ready to eat in under 40 minutes.

SERVES 4 **PREP 5 mins**
COOK 30 mins **EASY** **V**

3 tbsp olive oil
4 garlic cloves, sliced
2 x 400g cans cherry tomatoes
350g cavatappi
250g ricotta
150ml double cream
grating of nutmeg
handful of basil, leaves picked and torn
60g parmesan or vegetarian alternative
crusty bread, to serve

1 Heat the grill to its highest setting and bring a large pan of salted water to the boil. Heat the oil in a large saucepan over a medium heat and fry the garlic for 30 seconds until sizzling. Add the tomatoes, then swill out the cans with a splash of water and add this, too. Season well and simmer for 15 mins to reduce slightly. When the water is boiling, stir in the cavatappi and cook for 1 min less than pack instructions.


2 Meanwhile, combine the ricotta, double cream and a grating of nutmeg in a bowl, then season to taste with salt and pepper.

3 Taste the tomato sauce for seasoning, then drain the cavatappi and add to the sauce along with the basil. Stir to combine. Tip half the

pasta mixture into the base of a medium ovenproof dish, then dollop over half the ricotta mixture. Pour the rest of the pasta mixture on top, then spoon over the rest of the ricotta mixture. Don't worry about making it look too neat – you want large pockets of the creamy ricotta mixture throughout the bake.

4 Sprinkle over the parmesan, then slide under the hot grill for 5 mins, or until the top is golden and the edges are bubbling. Serve immediately with crusty bread for mopping up the bowls.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 777 kcal • fat 42g • saturates 21g •
carbs 73g • sugars 11g • fibre 6g • protein 25g •
salt 0.7g



two twists

meatballs

Get more from mince with these great-value recipes, each of them differently inspired


recipes CASSIE BEST & BARNEY DESMAZERY *photographs* DANIELLE WOOD

barney

From Italian polpetta to Pakistani (via the Middle East) kofta, most countries and cultures have a way of transforming mince into beautiful meatball-based dishes, but eating them with lots of other meze bits is my favourite. It just works with the rhythm of my household. I put a platter like this together when we're all eating at different times and it can be enjoyed whether someone is rushing through and only has a moment to grab some food, or two of us are sitting down to eat together properly. Plus, any leftovers will give your kids' school-friends or your work colleagues serious lunchbox envy. Here, I've given you my basic weeknight platter, which I've no shame in saying is mostly made with shop-bought bits, but feel free to make any of them yourself, or add any of your other favourite dips and salads.

Barney Desmazery,
skills & shows editor

This is a recipe for all occasions – the meatballs can be stuffed into pitta and eaten as a weeknight cheat's kebab, or add more dips and bread for a party platter.



Freeze a batch of these meatballs for another day – they're actually best frozen before being cooked. Defrost overnight and they make for an easy, speedy midweek meal.

cassie

I love meatballs in any form, but one of my favourite ways to eat them (and I'm hesitant to admit this, when there are many more refined embodiments out there) is on top of a pile of chips with gravy – for me it's pure comfort food. Chips and gravy bring back happy memories of seaside trips to Whitby but it was the Swedes (via a popular furniture shop) who introduced me to meatballs, creamy gravy and sweet lingonberry jam. Mashed potatoes would be more traditional here, but my love for chips and gravy runs deep, so that's what I order. Now I can't pop in for a new photo frame, plant pot or scrubbing brush without stopping for a plate of those famous meatballs and I love to cook them at home, too. Lingonberry jam can be hard to come by so I use cranberry sauce instead.

Cassie Best, food director

Meze meatballs

SERVES 4 as a main meal
or 6-8 as part of a larger meze

PREP 30 mins plus at least
30 mins chilling

COOK 15 mins **EASY**

100g fresh breadcrumbs
50ml milk
400g beef or lamb mince
1 egg
2 tsp dried oregano
small bunch of flat-leaf parsley,
finely chopped
1 small onion, coarsely grated
2 garlic cloves, finely grated
2 tbsp plain flour
2 tbsp olive oil

To serve

½ cucumber, chopped into chunks
about 12 cherry tomatoes, quartered
1 red onion, finely sliced
hummus
tzatziki
4 pittas

1 Put the breadcrumbs in a bowl and add the milk. Leave for 5 mins, or until the milk has been absorbed. Add the rest of the meatball ingredients, except the flour and oil. Season well with salt and pepper and mix everything well with your hands, then shape into meatballs a bit larger than a cherry tomato. You should have about 24. Cover and chill the meatballs for at least 30 mins. *Will keep covered and chilled for up to 24 hrs.*

2 When you're ready to cook, tip the flour into a shallow bowl. Roll the meatballs in the flour to coat, then heat the oil in a large frying pan over a medium heat. Fry the meatballs for 10-12 mins, rolling them around the pan until nicely browned on all sides and cooked through. To serve, arrange on a platter with some chopped salad made using the cucumber, tomatoes and red onion, and bowls of hummus and tzatziki alongside. Toast the pittas and let everyone make their own meatball kebab, stuffing the meatballs, salad and dips into the pittas.

GOOD TO KNOW calcium • folate • fibre • iron •

1 of 5-a-day

PER SERVING (4) 802 kcals • fat 39g • saturates 10g •
carbs 71g • sugars 10g • fibre 8g • protein 39g • salt 2.0g

Scandi-style meatballs with gravy

SERVES 4 **PREP** 20 mins plus at least
30 mins chilling **COOK** 25 mins
EASY 🌱 🍴

75g breadcrumbs
50ml milk
300g beef mince, at least 12% fat
300g pork mince, at least 5% fat
½ tsp ground allspice
½ tsp white pepper
1 tbsp plain flour
1 tsp Worcestershire sauce
drizzle of vegetable oil
small handful of dill, leaves picked
mashed potato or chips, to serve
(optional)
For the berry sauce
150g fresh or frozen cranberries
75g caster sugar
For the gravy
20g butter
1 heaped tbsp plain flour
400ml good-quality beef stock

50ml single cream
splash of Worcestershire sauce

1 Soak the breadcrumbs in the milk for 10 mins, or until the milk has been absorbed.

2 Combine the beef, pork, allspice, pepper, flour, Worcestershire sauce and 1 tsp salt in a large bowl, add the milk-soaked breadcrumbs and use your hands to squash everything together for a few minutes until well combined. Roll the mixture into meatballs about the size of a cherry tomato. Chill for at least 30 mins. *Will keep covered and chilled for up to 24 hrs, or frozen for up to two months.*

3 Make the berry sauce by cooking the cranberries and sugar in a small saucepan over a medium heat with a splash of water for 5-8 mins until the berries have burst and the sauce looks syrupy and glossy. Add a little more water if it becomes too thick. Leave to cool.

4 Heat the oven to 180C/160C fan/gas 4 and have a baking tray to hand. Heat a drizzle of oil in a large frying pan over a medium heat. Cook the meatballs, in batches if needed, for 8-10 mins until nicely browned on all sides. Transfer to the baking tray and bake in the oven for another 10 mins while you make the gravy.

5 Melt the butter in the same frying pan you fried the meatballs in (no need to wash it first) and stir in the flour. Sizzle for a minute or two, then slowly add the stock, whisking to make a smooth sauce. Bubble for 2-3 mins to allow the gravy to thicken, then add the cream and Worcestershire sauce and some seasoning. Tip the meatballs back into the sauce, scatter with the dill and serve with mash or chips, if you like, and the cranberry sauce.

PER SERVING 524 kcals • fat 24g • saturates 11g •
carbs 39g • sugars 22g • fibre 3g • protein 36g •
salt 2.2g

meal for one

seafood made simple

Make this creamy chowder using leftovers you might have in the back of the fridge or freezer

recipe LIBERTY MENDEZ

photograph MOWIE KAY

Easy seafood chowder

SERVES 1 **PREP** 8 mins

COOK 20 mins **EASY**

1 small potato (about 150g),
cut into 2cm cubes
½ tbsp vegetable oil
1 celery stick, finely chopped
1 shallot, peeled and finely chopped
1 garlic clove, grated
1 tbsp plain flour
200ml semi-skimmed or whole milk
100ml vegetable or fish stock
80g frozen prawns or smoked fish
75g fresh or frozen sweetcorn or
peas (or use a mixture)
1 small lemon, zested and juiced
½ tbsp roughly chopped flat-leaf
parsley, plus extra to serve
(optional)
crusty bread, to serve (optional)

1 Tip the potatoes into a small saucepan and cover with cold salted water. Bring to the boil over a medium heat, then reduce the heat and simmer for 5-6 mins until just softened. Drain and set aside.

2 Heat the oil in a medium saucepan over a medium heat and cook the celery and shallot for 3 mins until softened. Add the garlic and fry for another 30 seconds until fragrant.

3 Stir in the flour and cook for 1 min. Reduce the heat to low and slowly pour in the milk, whisking until you have a thick sauce. Stir in the stock and simmer for 2 mins until the sauce has thickened slightly again.

4 Tip in the fish, vegetables and cooked potatoes, and simmer for

4-5 mins until the veg has defrosted (if frozen) and the fish is cooked through. When the mixture is creamy and coats the back of a spoon, add the lemon zest and juice and up to 50ml water if the chowder is too thick. Season with black pepper, salt and the parsley.
5 Pour the chowder into a bowl, top with more black pepper, the extra parsley and serve with crusty bread, if you like.

GOOD TO KNOW low fat • calcium • fibre • vit c

• 2 of 5-a-day

PER SERVING 432 kJals • fat 11g • saturates 3g •
carbs 52g • sugars 14g • fibre 8g • protein 29g • salt 1g

perfect pancakes

Change up your pancakes for Shrove Tuesday (March 1). We've chosen a few of our favourite recipes to help you celebrate in style. These make for a great Mother's Day brunch too

Easy crêpes

While you may need to brush up on your flipping technique, these pancakes are simple and quick to make. They're best served warm with whatever toppings you like. We opted here for juicy blueberries in maple syrup with cream cheese and nuts (find the recipe at bbcgoodfoodme.com/recipes/blueberry-cheesecake-pancakes).

MAKES 8 large crêpes **PREP** 5 mins
plus resting **COOK** 20 mins
EASY **V**

175g plain flour
3 eggs
450ml milk
sunflower oil, for frying

1 Weigh the flour out into a large jug or bowl. Crack in the eggs, add half the milk and a pinch of salt. Whisk to a smooth, thick batter. Add the remaining milk and whisk again. Set aside for at least 30 mins.

2 Heat a large non-stick crêpe or frying pan over a medium-high heat. Add a drizzle of oil, then wipe out the excess with kitchen paper. When the pan is hot, add enough batter to just cover the surface, swirling it and pouring any excess back into the bowl. The pancake should be as thin as you can make it. Cook for a few minutes until the edges are peeling away from the sides of the pan – shake it to see if the pancake easily releases and is browning on the underside. If not, cook a little longer. Flip and cook the other side for a minute or two. Serve, or keep warm in a low oven until ready to serve with your favourite toppings.

PER SERVING 161 kcal • fat 6g • saturates 2g •
carbs 19g • sugars 3g • fibre 1g • protein 7g • salt 0.2g





Fluffy Japanese pancakes

Make these tall Japanese pancakes and watch them bounce and jiggle. You'll need two crumpet rings to make them.

MAKES 6 **PREP** 10 mins

COOK 36 mins (or approx.
12 mins per pancake) **EASY V**

150g self-raising flour

½ tsp baking powder

2 tbsp golden caster sugar

2 eggs

1 tbsp rapeseed, sunflower or
grapeseed oil

180ml milk

dash of vanilla extract

oil spray for cooking or a mild-
flavoured cooking oil (whatever
you use in the batter)

maple syrup, ice cream, crisp bacon
or berries, to serve (optional)

1 Sift the flour and baking powder into a bowl and add the sugar. Make a well in the centre, crack in the eggs and add the oil. Stir, gradually pouring in the milk, then use a whisk to combine. (You can also put the ingredients in a blender and blitz it.) Stir in the vanilla. Don't leave the batter to stand, it's best used straightaway.

2 Put a large non-stick frying pan over a low heat and put one or two oiled non-stick crumpet rings (about 3½ cm high) in the pan. Spray (or brush) the pan lightly with oil. Fill the rings until three-quarters full with batter, then cover the pan with a lid and cook for 10 mins on a very low heat. By this time, the tops should be covered in little bubbles and look dry around the edges.

3 Very carefully turn the pancakes over. You can do this by lifting each pancake in its ring onto the lid and then inverting the pan over them before turning the whole thing back over and taking off the lid. Cook for another 1-2 mins. Keep warm in a low oven while you use up the rest of the batter. Stack and serve with your favourite toppings.

PER SERVING 174 kcals • fat 4g • saturates 1g •
carbs 27g • sugars 8g • fibre 1g • protein 6g • salt 0.4g



Sourdough pancakes

The best way to use up your leftover sourdough starter is to put it in pancakes. As well as reducing any waste, it adds a subtle zing of flavour.

MAKES around 12 pancakes

PREP 20 mins **COOK** 30 mins

EASY V

200g self-raising flour

1 tbsp golden caster sugar

1 tsp baking powder

200g active sourdough starter

2 eggs

260ml milk

50g butter, melted, plus extra
for frying

sunflower oil, for frying

maple syrup, to serve (optional)

1 Tip all the ingredients, except the butter, oil and maple syrup, into a bowl with a large pinch of salt, and whisk until you have a thick, smooth batter. Whisk in the melted butter.

2 Heat a splash of oil and a small knob of butter in a non-stick frying pan until sizzling. Pour or ladle the batter into the pan, making 7-8cm pancakes, with plenty of space between them (you should fit three pancakes in at a time). The batter should sizzle a little as it hits the pan, but not aggressively – adjust the heat if you need to. Cook until bubbles start to form on the surface, then flip and cook the other side – they should take roughly 2 mins on each side. Eat straightaway or keep warm in a low oven while you cook another batch. Serve with maple syrup, if you like.

PER SERVING 499 kcal • fat 20g • saturates 10g •
carbs 65g • sugars 8g • fibre 3g • protein 14g •
salt 1.3g



Buttermilk corn pancakes with bacon & maple syrup

The use of buttermilk and corn in this recipe is inspired by the flavours of the American Deep South. But if you can't get hold of buttermilk, you can also use 2 tbsp Greek yogurt mixed with 75ml milk as a substitute.

SERVES 4 PREP 10 mins

COOK 30 mins EASY

75g fine cornmeal or polenta
125g plain flour
1 tsp baking powder
4 large eggs, beaten
110ml buttermilk
60g butter, melted and cooled
300g sweetcorn, frozen or canned
4 spring onions, chopped, plus extra to serve

groundnut or sunflower oil, for frying

8-12 bacon rashers, smoked or unsmoked
maple syrup, to serve

1 Heat the oven to 150C/130C fan/gas 2 – you'll need the oven to keep the pancakes warm later on. Put the cornmeal, flour, baking powder, eggs, buttermilk, melted butter and half the sweetcorn into a food processor and pulse to combine (you want the corn to be chopped, not puréed). Stir in the spring onions and remaining corn.

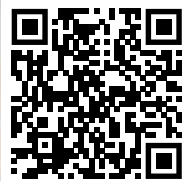
2 Heat about 1 tbsp oil into a frying pan set over medium heat. Ladle in two lots of pancake batter, about 10-12cm in diameter. Cook for 3-4 mins until set and small bubbles form on top. Use a palette knife to

flip the pancakes over and cook on the other side for 2-3 mins more. Transfer the cooked pancakes to a roasting tin or baking sheet lined with a double layer of baking parchment, then put in the oven to keep them warm while you repeat the process for the next two pancakes. You should have enough batter to make eight in total.

3 When all the pancakes are cooked, add a little more oil to the pans, then cook the bacon until golden on both sides. Serve 2-3 rashers over two pancakes per person, with the maple syrup drizzled over and extra spring onions sprinkled on top.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 792 kcal • fat 48g • saturates 19g •
carbs 52g • sugars 5g • fibre 4g • protein 35g •
salt 4.3g





BBC goodfood Middle East

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Veg box stars CABBAGE

Underused and underrated, cabbage tends to have a bad reputation. But, when roasted and charred, it makes a brilliantly flavourful meat alternative. Here, we've paired it with punchy harissa and preserved lemon for a wholesome veggie meal

recipe ESTHER CLARK photograph DANIELLE WOOD

Roasted cabbage with harissa butter beans & baked feta

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** **V**

1 medium savoy cabbage (about 700g), cut into 4 wedges
3 tbsp olive oil, plus a drizzle
1 tbsp ras el hanout
600g jar giant butter beans, or 2 x 400g cans butter beans
400g can chopped tomatoes
2-3 tbsp rose harissa
1 preserved lemon, rind thinly shredded
200g feta

¼ tsp chilli flakes
parsley leaves and dill fronds, to serve

1 Heat the oven to 200C/180C fan/gas 6. Arrange the cabbage wedges in a roasting tin, drizzle over half the oil and sprinkle with the ras el hanout and some salt. Rub the oil and spices into the wedges to coat, then roast for 15 mins.
2 Tip the butter beans, tomatoes, harissa, lemon rind and 1 tsp sugar into a bowl, season and stir to combine. After the cabbage wedges have had 15 mins, carefully pour the butter bean mixture in the tin around the cabbage. Put the feta

on a baking tray lined with baking parchment, drizzle with the remaining oil and scatter with the chilli flakes. Return the tin with the cabbage and beans to the oven for a further 20 mins alongside the feta.
3 Spoon the roasted cabbage wedges and beans onto plates or into shallow bowls along with chunks of the baked feta. Scatter with some parsley leaves and dill fronds, then drizzle with a little more olive oil before serving.

GOOD TO KNOW calcium • folate • fibre • vit c
• 3 of 5-a-day • gluten free

PER SERVING 396 kcals • fat 20g • saturates 8g • carbs 27g • sugars 11g • fibre 15g • protein 20g • salt 1.6g

CABBAGE VARIETIES

RED



Red cabbage is robust and slightly bitter in flavour. It requires a slightly longer cook time, so it works well for braising or slow cooking, especially with apples or non-alcoholic cider or wine to sweeten. Eat as a side dish with roast lamb.

POINTED SPRING



This unique cabbage takes its name from its iconic pointed shape, but it's sometimes also called hispi or sweetheart. It has thinner leaves than red or white cabbage, which means it's easy to finely shred into a coleslaw or salad.

SAVOY



With sweet, tender leaves, savoy is the most delicate variety of cabbage. Its thin leaves crisp up nicely – it reacts well to heat, so it's best eaten cooked. It's delicious on the barbecue or added to soups, made into sauerkraut or cooked with olive oil and chilli flakes, then tossed with pasta.

Shoot director CLOE-ROSE MANN | Food stylist ESTHER CLARK | Stylist MAX ROBINSON



NEXT LEVEL

Cauliflower cheese

recipe BARNEY DESMAZERY photograph MIKE ENGLISH

SERVES 4 as a main 6 as a side **PREP** 15 mins **COOK** 1 hr **EASY** V

TO GARNISH

A final sprinkling of crispy onion flakes adds texture and flavour. You can buy these or make your own by deep-frying finely sliced onion until crisp and golden then leaving to drain on kitchen paper.

WHY

Whoever decided that boiling cauliflower for cauliflower cheese was a good idea should be charged with crimes against food. Boiled for just a minute too long and this robust veg turns into a soggy sponge that leaches water into the sauce, rendering it bland and watery. Here we've righted the wrongs, coating the cauliflower in cheese, then roasting it, which intensifies its flavour. We've also packed as much punch in the sauce as possible and given it all a moreishly crunchy topping. If the mere mention of cauliflower cheese conjures bad memories for you, then it's time to try this version.

WHAT TO BUY

1 large cauliflower, cut into large florets

2 tbsp olive oil

pinch of cayenne pepper

40g parmesan, finely grated

For the sauce

50g butter

40g plain flour

600ml whole milk

1 tsp mustard powder or English mustard

1 tsp yeast extract (optional)

150g extra mature cheddar, most grated, some cubed

grating of nutmeg

For the topping

3 tbsp dried breadcrumbs

(panko work well)

2 tbsp crispy onions

ROAST FOR MOST FLAVOUR

Rather than boiling cauliflower and washing out its flavour, roast it to get the best taste – charring it slightly adds a lovely sweetness.

CRUNCH POINT

For adding texture to what is otherwise a soft dish, don't forget the crumb topping which also lends a subtle note of parmesan.

CHOICE CHEESES

As well as adding a crispness to the crumb, parmesan brings umami depth while cheddar has a sharper bite and unctuous gooeyness.

A TOUCH OF SPICE

As well as the mustard, a pinch of cayenne adds a little piquancy. If you don't have it, add a pinch of chilli powder or a dash of chilli sauce instead. Or, if you prefer a milder flavour, a grinding of black pepper.

SAUCE SECRETS

We've livened up the sauce with mustard for heat and yeast extract for depth (although that's optional depending on whether you like the flavour). Both work very well with cheese.

HOW TO MAKE IT

1 Heat the oven to 210C/190C fan/gas 7. Tip the cauliflower into a shallow baking dish and toss with the oil, cayenne and a pinch of salt. Scatter with half the parmesan and roast for 20 mins until crisp and golden. Toss the florets, then sprinkle with more (but not all) of the parmesan and roast for 10 mins more until starting to char a little. Set aside.

2 While the cauliflower is roasting, make the sauce. Heat the butter in a saucepan over a medium heat until frothy. Scatter over and stir in the flour, cooking for 3 mins until you have a sandy paste, then add the milk, a splash at a time, keeping it at a simmer and whisking between each addition until smooth. Once all the milk has been added, continue to cook the sauce gently, stirring occasionally for 15 mins until thickened and silky, then stir through the mustard powder and yeast extract, if using. Remove from the heat and add the grated cheddar, a handful at a time, until you have a thick, cheesy sauce. At this point stir in the cubed cheese and season with nutmeg and salt, if needed.

3 Pour the sauce over the cauliflower in the baking dish to fully coat it. Mix the breadcrumbs with the remaining parmesan, then scatter this over the cauliflower cheese and bake for 20 mins. Sprinkle with the crispy onions and bake for a further 10 mins until bubbling and deep golden. Serve in warm and melting scoops from the baking dish.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day

PER SERVING (6) 407 kcals • fat 27g • saturates 15g • carbs 22g • sugars 9g • fibre 3g • protein 17g • salt 1g

TEXTURES OF CHEDDAR

Our trick with cheddar is to not grate it all but cube some of it, which creates delightful little pockets of melted cheese in the oven.

reduce waste

love your leftovers

Try our inventive ways to use up the surplus
from this month's recipes



TRY THESE DISHES

Fish pie for one

Tip any leftover **seafood chowder** into an individual pie dish or large ramekin and top with leftover **mash** or **crushed boiled potatoes**. Scatter with **grated cheese** and dot with **softened butter**, then bake at 200C/180C fan/gas 6 for 20 mins until golden.

Herby hog roast baps

Carve any leftover **rolled roast pork** into thick slices and pan-fry in **olive oil** until browned and warmed through. Stuff into **soft baps** with **mustard** and **rhubarb sauce**.

Stroganoff meatball pasta

Fry **mushrooms** in **butter** until soft and golden, then stir through any leftover **Scandi-style meatballs** and sauce. Toss through **cooked tagliatelle** along with enough of the pasta cooking water to loosen the sauce, then scatter with **chopped dill**.

Mocha chocolate truffles

Tip any leftover **espresso chocolate sauce** from into a plastic container and chill until solid. Scoop into balls using a teaspoon, dust with **cocoa powder** and serve, or wrap up for a gift.

Cheat's three-cheese 'arancini'

Arancini are a great way to use up leftover risotto, but can be a faff to make. For a dish that tastes similar, pack any leftover **three-cheese risotto** into an ovenproof dish. Scatter with **coarse breadcrumbs** (panko work well) and bake at 220C/200C fan/gas 7 for 10-15 mins until the crumbs are golden. Serve from the dish.

Easy egg-fried rice

Chop up leftover **okonomiyaki** and stir-fry with **cooked rice**. Season with extra **soy** or **oyster sauce** before serving.

ISTOCK/GETTY IMAGES PLUS



MIDWEEK MAGIC

Make more of mushrooms and herbs

BOOST FLAVOUR WITH

dried mushrooms

Dried mushrooms have deep, meaty flavour. They usually need to be rehydrated, resulting in a mushroom stock, but if they're just being added for flavour, this isn't required

Fresh mushroom booster Adding rehydrated dried mushrooms to anything you're cooking with fresh mushrooms bumps up the flavour.

Magic seasoning Dried mushrooms can be ground into a powder that can then be used as a seasoning. It gives an intense mushroom flavour to anything you sprinkle it over.

Veggie gravy & sauces To give meat-free gravies and sauces a deeper savouriness, add dried mushrooms and their soaking liquid.

Risotto As rehydrated dried mushrooms provide you with both the veg and stock, they're ideal for making an easy mushroom risotto. Find a recipe at bbcgoodfoodme.com/mushroom-risotto.

HOW TO USE

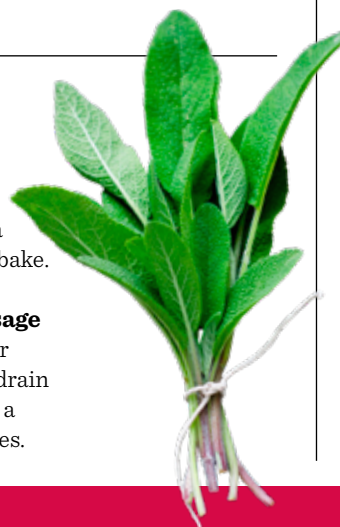
fresh sage

Lemon & sage butter Blitz **sage** with **100g soft butter** and the **juice of 1/2 lemon**. Roll into a log in parchment, then chill or freeze. Slice and melt over chops or put under chicken skin before roasting.

Sage crumbs Blitz **sage** with leftover **stale bread** to make

herby crumbs for coating chicken, or sprinkle over a casserole or cheesy pasta bake.

Crispy sage Fry **whole sage leaves** in **oil** or **butter** for 1-2 mins until crisp, then drain on kitchen paper to use as a garnish over finished dishes.



WHAT TO DO WITH 100g of jarred peppers

• **Romesco sauce** Blitz the peppers with **50g almonds**, **1 garlic clove**, **1 tbsp sherry** or **red wine vinegar** and **3 tbsp olive oil** until you have a thick, chunky sauce.

• **Peperonata** Finely slice **1 small red onion**, chop **1 large tomato** and slice the peppers. Mix with **a handful of torn basil**, **1 crushed garlic clove**, **1 tbsp balsamic vinegar** and **2 tbsp olive oil**. Let stand for 10 mins, then serve with bruschetta or crostini.

• **Piperade** Slice the peppers and beat **2 eggs** in a bowl. Heat **1 tbsp olive oil** in a pan and scramble the eggs. While still runny, add the peppers and fry for 1 min more. Serve on toast.

3 WAYS WITH ricotta

If you've got leftover ricotta, use it up with these quick ideas.

• Thickly spread the ricotta on toasted **sourdough**, then top with toasted **pine nuts** and a drizzle of **honey** for a winning breakfast.

• Fold the ricotta into whisked **eggs** for an extra-fluffy omelette.

• Combine the ricotta, **wilted chopped greens**, **parmesan** and a **beaten egg** in a baking dish. Cover with scrunched sheets of **filo pastry** and bake until golden and crisp.

GOOD FOOD & SUSTAINABILITY


At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

Tonight's *special*

recipe CASSIE BEST
photograph MIKE ENGLISH

For a special meal that's quick to prepare but packs lots of flavour, you can't go wrong with this traybake

Chicken saltimbocca bake

SERVES 4 **PREP** 15 mins
COOK 45 mins **EASY** 

750g small waxy potatoes, such as Ratte or Anya
2 tbsp olive oil or rapeseed oil
3 garlic cloves
150g mixed olives
50ml marsala or white wine
6 slices prosciutto
6 boneless skin-on chicken thighs
small bunch of sage, leaves picked
250g green beans

1 Heat the oven to 200C/180C fan/gas 6. Slice the potatoes lengthways to about the thickness of a £1 coin and tip into a large roasting tin. Add half the oil and the garlic cloves (unpeeled), then season and toss to coat. Spread to an even layer, then scatter with the olives and pour over the marsala along with 100ml water.

2 Tear the prosciutto strips in half. Open up the chicken thighs and season. Put a sage leaf on top of each piece, then wrap loosely with a strip of prosciutto. Lay the wrapped chicken on top of the potatoes, then cook in the oven for 35 mins.

3 Trim away the stem ends of the green beans, toss in the remaining oil and seasoning, then place in little bundles around the chicken, along with a few more sage leaves. Return the tin to the oven for 15-20 mins until the beans are tender, and the potatoes and chicken are cooked through and crisping at the edges.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day • gluten free

PER SERVING 454 kcs • fat 19g • saturates 4g • carbs 40g • sugars 5g • fibre 8g • protein 26g • salt 2g

WEEKEND

Mouthwatering dishes to dig into with your family and friends



SIMPLE MENU

Sunday lunch for two, p44



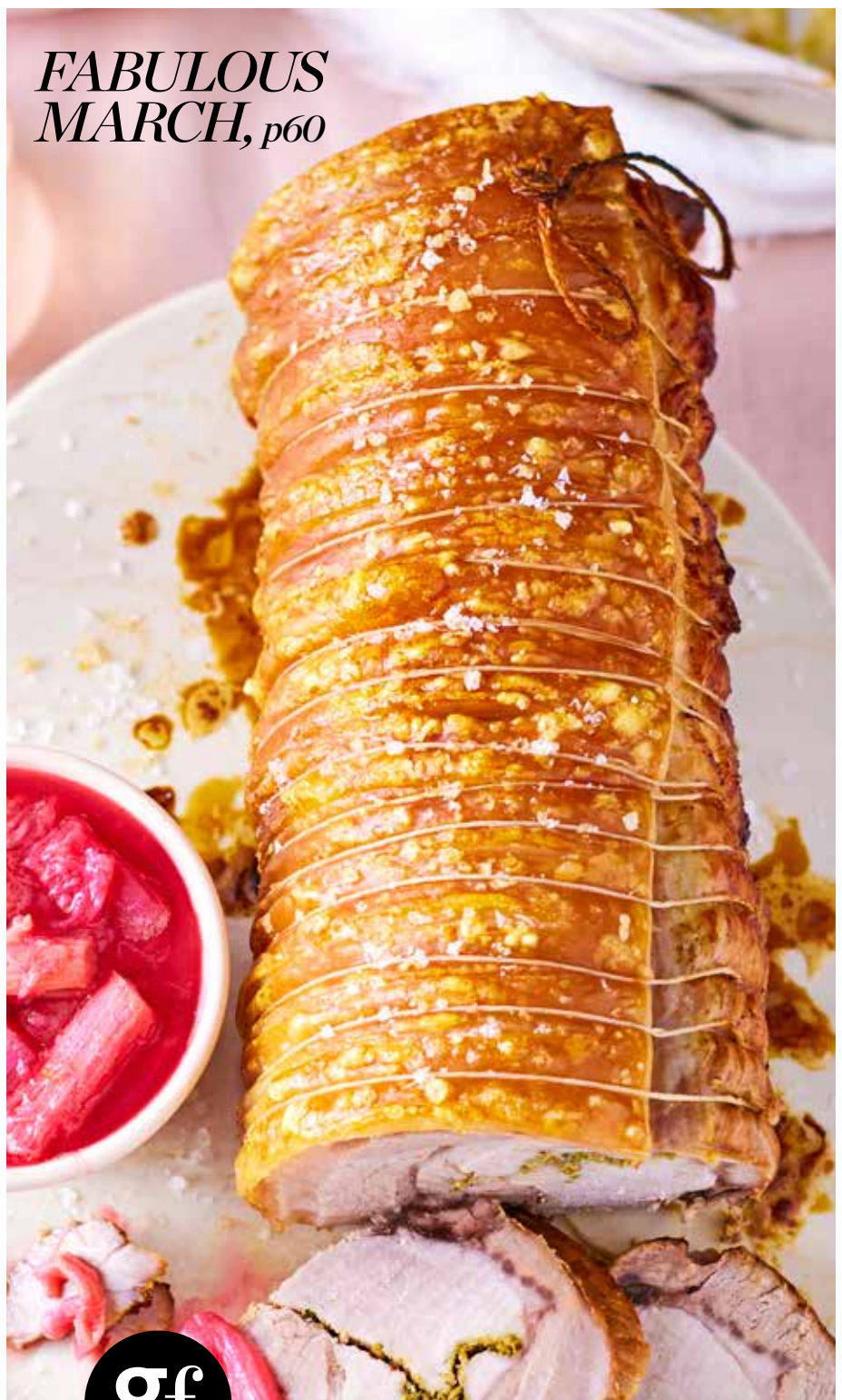
NADIYA'S

Brilliant bakes, p49



1 INGREDIENT - 3 WAYS

Garlic, p54



**FABULOUS
MARCH, p60**



SIMPLE MENU

SUNDAY LUNCH FOR TWO

Whether you're looking for a Mother's Day menu or just an easy roast to share with a loved one, this one-pan lamb dish and sharing dessert will give you both a warm glow

recipes BARNEY DESMAZERY

photographs MOWIE KAY

When it comes to a special meal for two, there's no finer cut of meat than a rack of lamb. It has that sense of occasion, plus it's easy to carve into neat cutlets and doesn't take too long to cook. Here, I've paired it with green-olive potatoes which absorb the roasting juices, locking in all that great flavour and saving you the effort of washing up extra pans. One-pan cooking has a reputation for being all about simplicity, but this easy roast proves you can have ease as well as elegance. For dessert, I've chosen a real winter warmer of a pudding – burnt honey & almond cakes to be served with

a smooth mocha-style sauce. Enjoy.



Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia and is a pro at adapting restaurant recipes to make at home.
@barney_desmazery



MENU

One-pan roast rack of lamb
& green-olive potatoes

Braised cavolo nero

Parsley & caper dressing

Little burnt honey
& almond cakes with
hot chocolate
espresso sauce

One-pan roast rack of lamb & green-olive potatoes

This recipe is inspired by the rotisserie at French markets, where the meat is cooked over potatoes so they absorb the cooking juices. We've added olives and anchovies, but leave them out if you want to keep it even simpler.

SERVES 2 **PREP** 25 mins plus resting **COOK** 1 hr 15 mins **EASY**

1 rack of lamb (6 bones is ideal)
25g butter
1 onion, finely sliced
1 garlic clove, crushed
1 anchovy, crushed using a pestle and mortar (optional)
small handful of rosemary springs, roughly chopped
500g Maris Piper or King Edward potatoes, finely sliced (use a mandoline if you have one)

10 pitted green olives, chopped
100ml chicken or lamb stock

- 1 Heat the oven to 210C/190C fan/gas 7. Generously season the lamb all over and heat the butter in a large ovenproof frying pan over a medium heat. Brown the lamb all over for 10-15 mins, especially the fat side. Remove and set aside on a plate.
- 2 Put the pan back on the heat and fry the onion for 5-7 mins until softened, then add the garlic, anchovy (if using) and rosemary, and fry for 2 mins more. Carefully arrange the potatoes in the pan with the olives, season, then turn them over so they're fully coated in the mixture, then spread out in an even layer. Pour over the stock, then put in the oven for 30 mins until the potatoes start to crisp at the edges.
- 3 Sit the lamb on top of the potatoes, fat-side up, and drizzle over any of

the juices from the plate. Put the pan back in the oven for 20 mins for lamb that's rare, 25 mins for lamb that's pink but cooked through, and 30 mins for well done. When the lamb is done to your liking, lift onto a carving board and leave to rest for 10 mins. During this time, put the potatoes back in the oven to make them extra crisp. Cut the lamb into chops and serve with the potatoes, the cavolo nero and parsley & caper dressing (see recipes below).

GOOD TO KNOW fibre • vit c

PER SERVING 748 kcs • fat 44g • saturates 22g • carbs 53g • sugars 7g • fibre 8g • protein 31g • salt 1.2g

Braised cavolo nero

Here we've infused the greens with a whole chilli for gentle heat. If you want more of a kick, finely chop the chilli instead before frying it with the garlic in step 1. The amount of cavolo nero you start with might look like a lot, but just like spinach, it cooks down considerably. If you can't find cavolo nero, kale will work just as well.

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY** **V**

2 tbsp olive oil
1 garlic clove, finely sliced
½ red chilli
200g cavolo nero or kale, stalks removed and chopped
100ml non-alcoholic white wine

- 1 Heat half of the oil in a small pan with a lid over a medium heat, and cook the garlic and chilli for 2 mins until the garlic starts to turn golden.
- 2 Stir through the cavolo nero and season with salt. Splash in the non-alcoholic wine and cover the pan, then leave over a low heat for 6-8 mins until the cavolo nero has wilted. Remove the piece of chilli. Drizzle over the remaining 1 tbsp olive oil and serve.

GOOD TO KNOW healthy • folate • vit c • 1 of 5-a-day • gluten free

PER SERVING 181 kcs • fat 13g • saturates 2g • carbs 3g • sugars 3g • fibre 4g • protein 4g • salt 0.1g

Parsley & caper dressing

This punchy dressing unites everything on the plate. Make it as chunky as you want by chopping the parsley and capers by hand, or make it a smoother green sauce by blitzing it in a blender or mini chopper.

SERVES 2 **PREP** 10 mins
NO COOK **EASY** **V**

2 tbsp capers, drained
small bunch of flat-leaf parsley
2 tsp Dijon mustard
4 tbsp olive oil
1 tbsp red wine vinegar

- 1 Finely chop the capers and parsley by hand, then tip into a bowl and stir through the mustard, olive oil and vinegar to make a dressing. Alternatively, tip everything into

a mini chopper and blitz until it's as smooth as you want it. Serve with the lamb chops and potatoes. *Will keep chilled for up to three days.*

GOOD TO KNOW vit c • gluten free

PER SERVING 219 kcs • fat 23g • saturates 3g • carbs 1g • sugars 1g • fibre 1g • protein 1g • salt 1.1g



Little burnt honey & almond cakes

We've given these cakes a toffee flavour by caramelising the honey, but you can skip this step if you're short on time. The cakes are made in a muffin tin, but you could use a madeleine tin, if you have one. The mixture makes six madeleines and would need 2 mins less in the oven. Serve warm for dessert, or just as a teatime treat.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** **V**

50g butter, plus extra for the tin
1 tbsp honey
1 egg
50g golden caster sugar
30g plain flour
30g ground almonds
½ tsp baking powder
icing sugar, for dusting (optional)

1 Put the butter and honey in a small saucepan and cook over a medium-high heat for 2-3 mins until the butter foams and the mixture turns a mahogany colour.

2 Whisk the egg, sugar and the honey and butter mixture together in a large bowl. Stir in the flour, almonds, baking powder and a pinch of sea salt to make a batter. *Can be used straightaway or kept in the fridge overnight.*

2 Heat the oven to 200C/180C fan/gas 6 and butter four holes of a muffin tin. Divide the mixture between the holes and bake for 12-14 mins until golden and cooked through. Turn out onto a cooling rack and leave to cool for a few minutes. Dust with icing sugar, if you like, and serve with hot chocolate espresso sauce (see recipe, right).

PER SERVING 508 kcals • fat 31g • saturates 14g • carbs 47g • sugars 35g • fibre 1g • protein 9g • salt 0.9g

Hot chocolate espresso sauce

A smooth chocolate sauce laced with a strong shot of coffee – this sauce is one for the mocha lovers. If you have any left over, you could drizzle it over ice cream.

SERVES 2 **PREP** 10 mins
COOK 5 mins **EASY** **V**

100ml double cream
75g dark chocolate, chopped into small pieces
25g golden caster sugar
1 tsp espresso powder or 1 espresso shot
1 tbsp of your favourite liqueur – amaretto or frangelica work well (optional)

Warm the cream in a small pan over a low heat for a few minutes. Remove from the heat and stir in the remaining ingredients until you have a smooth sauce. *Will keep chilled for up to two days.*

GOOD TO KNOW gluten free
PER SERVING 533 kcals • fat 41g • saturates 25g • carbs 32g • sugars 29g • fibre 3g • protein 3g • salt 0.04g



Nadiya's BRILLIANT BAKES

Immerse yourself in making these sweet and savoury bakes from guest editor

Nadiya Hussain

photographs CHRIS TERRY

"I have many loves, and baking is right at the top, along with – of course – my children, painting and cats. I never dared imagine it would be my career – I didn't know that this was a thing: my thing. I get so much joy from baking, mindfulness and sharing love in the form of cake."

Special
guest editor



Cheese & piccalilli tart

I'll make any excuse to bake a tart. I love that you can have a little bit of everything all in one dish. Crisp pastry, a delicious layer of flavour and a soft filling – this tart has all those things. The buttery base is flavoured with yeast extract and topped with a layer of piccalilli, plus grated cheese and a cold custard mix. Perfect for lunch, dinner or picnics.

SERVES 4 **PREP** 30 mins plus 45 mins chilling and cooling **COOK** 1 hr 5 mins
MORE EFFORT **V**

For the pastry base

240g plain flour, plus extra for dusting

120g unsalted butter, cut into cubes, then chilled

2 tsp yeast extract

For the filling

4 medium eggs

175ml whole milk

150g piccalilli, any large pieces chopped

125g mature cheddar, finely grated

1 tsp onion seeds

1 First, make the pastry. Put the flour in the bowl of a food processor. Add the butter, yeast extract and a good pinch of salt. Whizz until you have a crumbly mixture that starts to clump. Add 1 tbsp water at a time, whizzing the mixture as you do (we used 2 tbsp water in total). As soon as the dough comes together, stop the processor and don't add more water.
2 Tip the dough out onto a work surface and lightly roll out to the thickness of 2.8mm. Wrap and chill for 30 mins.

3 Remove the dough from the fridge, then roll out on a lightly floured work surface until large enough to line a 20cm fluted (4cm high), loose-bottomed tart tin, with some overhang. Carefully use the rolling pin to lift the dough up and lay it into the base of the tin. Use your hands to encourage the pastry into the base

and up the side of the tin, gently pushing it into the fluted edges. Leave any excess overhanging the rim. Put in the freezer for 15 mins and heat the oven to 180C/160C fan/gas 4 with a baking tray on the middle shelf.

4 Remove the pastry case from the freezer and prick the base all over with a fork. Line the inside of the case with a sheet of scrunched-up baking parchment, pressing it into the base and up the side. Pour in baking beans or dried rice or lentils to weigh the parchment down.

5 Bake on the hot tray in the oven for 25 mins, then remove the parchment and baking beans and trim off the excess pastry using a small serrated knife. Return to the tray in the oven and bake for another 10 mins. Meanwhile, mix the eggs and the milk together in a jug with some seasoning until combined.

6 Remove the tart case from the oven and transfer to a wire rack. Spread the piccalilli over the base, then sprinkle over the cheese and carefully pour over the egg mixture. Sprinkle with the onion seeds.

7 Return the tart to the baking tray in the oven for 30 mins until the filling is set with a slight wobble in the centre. Leave to cool completely in the tin. Chill until cold, then cut into wedges to serve. *Will keep chilled for up to three days.*

GOOD TO KNOW calcium • folate

PER SERVING 711 kcal • fat 43g • saturates 25g • carbs 55g • sugars 8g • fibre 3g • protein 24g • salt 2g

nadiya's top tip

When using flour to dust the surface, be sure not to use too much, as this will make the pastry dry – you want it to maintain a light, buttery texture.





Halloumi & chipotle loaf

There's nothing better than a loaf filled with delicious textures and kicking flavours. I love the creaminess and texture of the grated halloumi in this one along with the heat of smoky, sweet chipotle. The best bit is that first slice, tasting halloumi laced with smoky chipotle-stained crumb. Beautiful, aromatic and flavourful, especially slathered with butter!

SERVES 10 **PREP** 35 mins plus at least 2 hrs proving **COOK** 25 mins **EASY** **V**

500g strong bread flour, plus extra for dusting
25g unsalted butter, softened
7g sachet fast-action dried yeast
1 tsp caster sugar
1 tsp fine salt
vegetable oil, for proving
250g halloumi, grated
2 tbsp chipotle chilli flakes

1 Weigh the flour out into a large bowl. Rub in the softened butter using your fingers until the mixture resembles fine crumbs. Add the yeast and sugar to one side of the bowl, and the salt on the other. Using a spatula, mix everything together to combine.

2 Make a well in the centre and pour in 300ml warm water. Using the spatula, mix until you have a rough dough. Tip the dough out onto the work surface and bring together into a large mound.

3 Knead the dough by hand for 10-15 mins or in a stand mixer fitted with the dough hook for 6-8 mins on high speed until smooth and elastic. Oil a large bowl and drop in the dough. Cover and leave to prove somewhere warm for 1 hr until doubled in size.

4 Once the dough has doubled, tip it out onto the work surface and flatten it to remove any air pockets. Sprinkle over the halloumi in an even layer, then the chipotle flakes.

Fold the dough over and knead in the cheese and chilli until evenly distributed. Line a large baking tray with baking parchment.

5 Tuck the edges of the dough into the centre until you have a neat dough ball. Transfer this to the tray, seam-side down, cover with a clean tea towel and leave to prove for another hour until doubled in size again. You will know the dough is ready when you poke it with your finger – if it springs back slowly and a small indent remains, it's ready.

6 Heat the oven to 240C/220C fan/gas 7 with a roasting tin on the bottom shelf. Uncover the dough and lightly sieve some flour over it. Cut a cross into the top using the tip of a sharp serrated knife.

7 Put the loaf on its tray into the roasting tin, then pour some hot water into the tin around the tray to create steam while baking. This will give you a crisp crust. Bake for 20-25 mins until the loaf is golden and sounds hollow when you tap the base.

8 Remove from the oven and leave to cool on a wire rack. Cut into slices and enjoy with lashings of butter.

GOOD TO KNOW calcium
PER SERVING (10) 291 kcal •
fat 9g • saturates 6g • carbs
39g • sugars 1g • fibre 2g •
protein 13g • salt 1.3g

nadiya's top twist

If the chipotle flakes are too much for you (or you just don't like them), swap them out for crispy fried onions or chopped spring or regular onions for flavour without the heat.





1 INGREDIENT - 3 WAYS

GARLIC

Be more inventive with this kitchen staple using recipes from **Melissa Thompson** – there's orzo with a punchy sauce, tear 'n' share bread, and rice-based stuffing for roast chicken

recipes MELISSA THOMPSON *photographs* MOWIE KAY



Imagine a world without garlic. In fact, don't – it's too bleak. Garlic is part of the allium family, which includes onions and leeks, and it's a versatile ingredient that helps build a number of different meals. It can add nuance, or it can pack a punch. The black olive & garlic sharing bread hails from a waitressing job I had in my teens. I got sacked after two days, but the memory of the restaurant's garlic bread with black olives made it worth it. The recipe for squash & beetroot with orzo & roasted garlic feta sauce (overleaf) came about by accident when some whipped feta became too loose, but still tasted delicious. The garlic & nduja rice-stuffed chicken is a dish of pure comfort and spice, that's so delicious it's hard to stop eating it.



Melissa is one of our regular columnists as well as running recipe project Fowl Mouths, through which she innovates in the kitchen and helps to drive change in the food industry. She's a vocal advocate for the promotion of black and minority ethnic people in this field, and in 2021 earned the prestigious Food Writing Award by the Guild of Food Writers. [Twitter](#) [Instagram](#) @fowlmouthsfood



Squash with orzo & roasted garlic & feta sauce

Garlic & black olive sharing bread

SERVES 4-6 **PREP** 15 mins plus 1 hr
30 mins proving **COOK** 50 mins
MORE EFFORT V

300ml whole milk
140g unsalted butter, cut into cubes
2 tsp caster sugar
4 garlic cloves, crushed
500g strong white bread flour, plus
extra for dusting
7g fast-action dried yeast
1 tbsp parsley, finely chopped
140g black olives, pitted and finely
chopped (Kalamata work well)
vegetable oil, for proving

1 Warm 80ml of the milk in a small pan over a low heat or in the microwave and add 1 tbsp sea salt. Stir to dissolve and set aside to cool.
2 Meanwhile, melt half the butter in 200ml of the milk in a saucepan set over a medium heat, along with the sugar and half the garlic. Leave to cool until lukewarm.

3 Tip the flour and yeast into the large bowl of a stand mixer and mix together using the dough hook attachment. Gradually work in the melted butter and milk mixture. Once the dough begins to come together, add the salted milk, parsley and half the olives. Keep mixing for 6 mins using the dough hook, or turn out onto a lightly floured surface and knead by hand for 10 mins.
4 Oil the bowl, add the dough, then rub oil over the top. Cover with a tea towel and leave in a warm place for at least 1 hr or until doubled in size.
5 Meanwhile, heat the remaining butter in a small saucepan over a low heat, and add the remaining crushed garlic and remaining olives. Warm the garlic and olives through for a few minutes, then leave to cool.
6 Once the dough has risen, turn it out onto a lightly floured work surface and gently punch it back. Divide it into seven pieces, between 130-140g each, and roll them into tight balls, tucking the edges

underneath so the balls are perfectly smooth with the seams on the underside. Arrange in a 20-23cm round cake tin lined with baking parchment, ensuring the dough balls are equally spaced around the edge with one in the middle. Cover with a tea towel and leave to rise until roughly doubled in size again, about 20-30 mins.
7 Heat the oven to 200C/180C fan/gas 6. Brush the dough with the garlic butter, avoiding the olives. Bake in the oven for 30-35 mins until golden brown on top and cooked through. Pour over the remaining garlic butter along with the olives. *Will keep for up to three days in an airtight container.*

PER SERVING (6) 556 kcal • fat 25g • saturates 14g •
carbs 67g • sugars 4g • fibre 3g • protein 13g •
salt 3.1g



Any leftovers are great for making lunch the next day. Warm the bread in the oven for a few minutes before loading up with your favourite fillings.

Squash with orzo & roasted garlic & feta sauce

SERVES 2-3 **PREP** 15 mins
COOK 1 hr 15 mins **EASY** V

1 garlic bulb
4 tbsp olive oil
1 medium squash (about 800g),
peeled, halved and cut into
2-3cm wedges
1 tsp smoked paprika
200g orzo
1 large leek, halved lengthways
and finely sliced
½ tbsp unsalted butter
1 preserved lemon, finely chopped
150ml chicken or vegetable stock
1 small bunch of parsley, finely
chopped
For the sauce
200g feta
3½ tbsp yogurt
½ lemon, juiced

1 Heat the oven to 180C/160C fan/gas 4. Remove the outer layers of the garlic bulb and slice off the root end, being careful to not cut too deep into the cloves. Put on a small sheet of foil, drizzle with 1 tbsp of the olive oil and sprinkle over a pinch of salt. Scrunch to enclose the garlic in the foil and bake for 45 mins. Remove from the oven and leave to cool still wrapped in the foil.
2 Meanwhile, toss the squash with 2 tbsp of the oil, the paprika and some seasoning. Tip onto a baking sheet and roast for 30-40 mins, turning halfway, until the squash is tender and has some colour.
3 For the sauce, combine the feta, yogurt, lemon juice and 4 of the roasted garlic cloves (squeezing the flesh out of the skins) to create a smooth paste. It should be thick but pourable – add up to 2 tbsp water to loosen if needed. Set aside.
4 Cook the orzo in a pan of salted water over a medium heat for

4-5 mins until it's cooked but still has bite. Drain, reserving a cupful of the orzo water and cool in a sieve under cold running water.
5 Cook the leek with 1 tbsp oil and the butter over a medium heat in a large pan, stirring regularly, for 5 mins. Add the preserved lemon and the flesh of 3 roasted garlic cloves, then mash together well. Once the leeks are translucent, tip in the cooked orzo, stock and a splash of the pasta cooking water. Stir for a minute to warm through the orzo. Mix in half of the parsley.
6 Spoon the orzo and leeks onto plates, top with the squash and drizzle over the feta sauce. Sprinkle with remaining parsley and serve.

GOOD TO KNOW calcium • folate • fibre • vit c •
2 of 5-a-day
PER SERVING (3) 761 kcal • fat 34g • saturates 14g •
carbs 80g • sugars 19g • fibre 11g • protein 29g •
salt 2.1g



You can freeze any leftover roast garlic by squeezing the flesh out of the skins and putting them in a freezer bag. They'll keep for up to three months.





Garlic & nduja rice-stuffed chicken

SERVES 4-6 **PREP** 20 mins plus
resting **COOK** 1 hr 15 mins
MORE EFFORT

4 tbsp olive oil
1 red onion, finely diced
5 garlic cloves, crushed
1½ tsp cumin
1 tsp red pepper flakes
½ tsp smoked paprika
30-40g nduja (or 50g chorizo),
depending on how hot you like it
130g white or wholemeal long-grain
rice, rinsed
60g unsalted butter
1 lemon, zested
1 whole chicken (approx 1.5kg)

1 Heat half the oil in a large
saucepan over a medium heat
and cook the onion until soft and
starting to brown, about 10 mins.
Stir in 3 crushed garlic cloves, 1 tsp
of the cumin, the red pepper flakes,
smoked paprika, ½ tsp black pepper
and the nduja, breaking it up as you

mix it in. Cook for a further 5 mins
until the nduja has released its oils.
2 Stir in the rice until fully coated
in the oil, then pour in 250ml water.
Cook the rice, uncovered, following
pack instructions until almost
cooked but retaining some bite, then
remove from the heat. Set aside.

3 Heat the oven to 200C/180C fan/
gas 6. Mix the butter with the
remaining garlic, lemon zest,
remaining cumin and a small pinch
of salt. Loosen the skin of the
chicken breast using your hands,
carefully, so as not to tear the skin.
Work from the widest part of the
bird and get close to the neck but
not all the way through, and try to
loosen the skin above the legs as
well. Gently push the garlic butter
under the skin as far as it will go.
Stuff the cavity with the rice
mixture, then tie the legs together
to stop it from spilling out.

4 Rub the skin with the remaining
oil and sprinkle with some salt.
Roast the chicken for between
1 hr-1 hr 15 mins until cooked

through and the juices run
clear. Remove from the oven
and set aside to rest for 10 mins
before carving. Serve with green
vegetables and a gravy made
from the juices, if you like.

Try one of our gravy
recipes at [bbcgood
foodme.com](http://bbcgoodfoodme.com).

PER SERVING (6)
530 kcals • fat 34g •
saturates 12g •
carbs 21g •
sugars 2g •
fibre 2g •
protein 34g •
salt 0.5g

FASHION LADIES NIGHT AT THE PENTHOUSE

Grab the girl gang, dress to impress and head on down to The Penthouse for the return of our Fashion Ladies Night, where we'll be celebrating all things fashion every Tuesday for 4 weeks for the whole month of March.

From 7pm, we'll be showcasing the hottest brands in town, giving away three complimentary drinks to ladies plus a delicious Japanese 3 course meal whilst you enjoy live entertainment with NBC's Songland winner, David Davis, along with a spectacular catwalk show along our open-air Dubai Marina Terrace.

And when it comes to the food, you'll be salivating for more. Enjoy the freshest seared salmon sashimi, sweet soy chicken kushiyaki or perhaps the crunchy jalapeno avocado crackers to start, whilst sipping on our specially curated concoctions. For spirit lovers, be sure to opt for 'Aura' our lavender botanical infusion and coconut magic, or if you're feeling glam, the 'Glitz' featuring jasmine pearl infused white spirit and chamomile cordial, decorated with dried berries.

Moving onto mains, choose between the most premium nigiri and maki roll selections, Japanese-inspired salmon or truffle adorned chicken, and pair with premium house grape of your choice. Be sure to save room for dessert, as we've got a special treat instore with our exclusive dessert creations by 2 Michelin Star chef, René Frank. For the chocoholics out there, choose the 'Ecuador Chocolate' with roasted plum and kinokio ice cream or our 'Cheese Cake' special that not only delights the tastebuds with a tang of cherry and quite literally looks like a brie. You won't be able to resist a pic for the gram.

This is a ladies night like no other, and an absolute must for fellow fashionistas, trend setters and aficionados, guaranteeing a night of

glamour and glitz. Sit back and relax at Dubai's most photographed rooftop destination, perfect for celebrity spotting, and be sure to take that insta selfie shot for the 'gram.

And of course, post show, be sure to keep the party going and drink and dance until the early hours with our award winning resident DJ, Sam Starks, playing the best beats and all your favourite tunes.

What are you waiting for?

Call our reservations team in advance on +971 52 900 4868 for more information and bookings. Visit The Penthouse <https://thepenthouse.co> and <https://palmjumeirah.fivehotelsandresorts.com>





SEASONAL

FABULOUS MARCH

Make the most of colourful late-winter produce with inspiring recipes from **Esther Clark**

photographs HANNAH TAYLOR-EDDINGTON


March sees the return of bright and theatrical rhubarb and blood oranges, as well as the last of the season's green, leafy veg. With the weather still cool, these recipes offer a little comfort, from fried rice to crispy roast and warm, fluffy ricotta pancakes.

Kale is rich in flavour and robust in texture, and packed with vitamin A, folate and iron. It's delicious tossed into salads, crisped up with olive oil and sea salt or whizzed into a soup. In the fried rice recipe, it's paired with salty kimchi which offsets its strong flavour.

With a short season, rhubarb should be made the most of. Try poaching it in sugar

and orange juice, then freezing it. It can be defrosted and swirled into a creamy cheesecake, used to top granola or eaten with roast duck. It works well with aromatics like fennel seeds, ginger and star anise.

Finally, catch the last of the citrus stars. Blood oranges are wonderful. They look similar to an ordinary orange on the outside, but the flesh inside is ruby red with a sweet, fragrant taste. Try using both the zest and juice in a drizzle cake, sliced into segments in a salad with an oozy burrata or turned into a glossy marmalade. When roasted with butter and sugar, the juice creates an almost caramel-like syrup, which I've paired with ricotta hotcakes, but this would be equally delicious with warm crêpes or French toast.



Esther is a freelance recipe writer and food stylist who trained at Leiths School of Food & Wine, before working as a chef in Italy. She loves to cook for friends at home and enjoys creating recipes using new ingredients and seasonal produce. @esthermclark



Kale & kimchi
fried rice

Kale & kimchi fried rice

This speedy meal is brought to life with punchy, fermented kimchi. You can also add another layer of flavour with shichimi togarashi, a Japanese seasoning that is available online and in Asian supermarkets. If you don't have kale, you can use pak choi or whatever greens you prefer.

SERVES 2 **PREP** 10 mins

COOK 20 mins **EASY** **V**

100g kale
2 tbsp sesame oil
3 spring onions, sliced
1 garlic clove, crushed
100g cooked basmati rice
120g kimchi
2 large eggs
a few coriander leaves, to serve
shichimi togarashi and chilli oil, to serve (optional)

1 Bring a pan of salted water to the boil, add the kale and cook for 1 min. Drain and leave to steam-dry.

2 Heat half the oil in a non-stick frying pan over a medium heat. Add the spring onions and garlic, and cook for 1 min. Turn the heat to high, stir in the rice and cook for 3 mins. Add the kimchi and kale, and stir until everything is warmed through.

3 Heat the remaining oil in separate pan set over a high heat. Crack in the eggs and cook undisturbed for several minutes or until crispy and golden around the edges and the yolks are still a little runny.

4 Divide the rice between two shallow bowls, top with the fried eggs, coriander, then the shichimi togarashi and chilli oil, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free

PER SERVING 319 kcs • fat 22g • saturates 4g • carbs 16g • sugars 2g • fibre 4g • protein 13g • salt 1.3g

Crispy fennel-rolled roast pork with rhubarb sauce

A crispy, salty joint of roast pork needs something sharp to cut through its richness. Instead of the usual apple sauce, try rhubarb sauce for a tangy accompaniment.

SERVES 8 **PREP** 40 mins plus at least

6 hrs 30 mins chilling and resting **COOK** 2 hrs **MORE EFFORT** **Q**

2.5kg boneless pork loin, skin and fat on, butterflied (ask your butcher)
1½ tbsp fennel seeds, crushed
1½ tbsp coriander seeds, crushed
4 lemon thyme sprigs, leaves only
2 large garlic cloves, crushed
2 tbsp olive oil
dauphinoise potatoes and green vegetables, to serve

For the sauce

300g forced rhubarb, cut into 4cm pieces
3 tbsp light brown soft sugar
1 orange, juiced
1 bay leaf

1 Lay the pork skin-side up and score the skin using a sharp knife in 2cm intervals. Turn over. Using a pestle and mortar, grind the fennel and coriander seeds, lemon thyme, garlic and ½ tbsp salt to a rough paste, then spread over the flesh-side of the pork. Roll the meat up tightly from the longest end, then tie together using butcher's string in 1cm intervals. Rub the outside of the pork with 1 tbsp salt and chill overnight or for at least 6 hrs.

2 Heat the oven to 220C/200C fan/gas 8. Put the pork in a roasting tin, drizzle over the oil and roast for 30 mins. After this time, reduce the temperature to 190C/170C fan/gas 7 and cook for 1 hr 30 mins, then remove from the oven and rest, covered in foil, for 30 mins.

3 Meanwhile, make the sauce. Tip the rhubarb, sugar, orange juice, bay and a pinch of salt into a pan. Simmer gently for 10-15 mins, or until the rhubarb has broken down with some chunkier bits.

4 Slice the pork with a sharp serrated knife (a bread knife works well) and serve with the rhubarb sauce, dauphinoise potatoes, greens or purple sprouting broccoli.

GOOD TO KNOW gluten free

PER SERVING 565 kcs • fat 36g • saturates 12g • carbs 8g • sugars 8g • fibre 2g • protein 52g • salt 3.1g





Ricotta hotcakes with vanilla-roasted blood orange

I first discovered ricotta hotcakes through Australian writer and restaurateur Bill Granger. They are thick, fluffy pancakes made with creamy ricotta. They make for a moreish grown-up brunch or try cooking them in small rounds for pudding. They work just as well with blood orange as they do simply drizzled with honey.

SERVES 2-4 (2 for brunch or 4 as a dessert) **PREP** 15 mins
COOK 25 mins **EASY** V

2 eggs
150g ricotta
80ml whole milk

115g self-raising flour
2 tbsp caster sugar
butter, for frying
crème fraîche, to serve (optional)
For the blood oranges
4 blood oranges, peeled and sliced
4 tbsp light brown soft sugar
1 tsp vanilla bean paste
40g salted butter, cubed

1 Heat the oven to 180C/160C fan/gas 4. First, prepare the oranges. Put the slices in a baking dish with the sugar, vanilla and butter. Roast for 15 mins, then remove from the oven and reduce the heat to 150C/130C fan/gas 2.

2 Separate the egg whites and yolks into two bowls. Mix the ricotta and milk into the bowl with the yolks, then stir in the flour and sugar.

Whisk the egg whites with a pinch of salt until fluffy and aerated, then fold a spoonful into the ricotta and egg yolk mixture until loosened, then fold in the rest, being careful not to knock out the air.

3 Heat a little butter in a non-stick pan and add 2 spoonfuls of batter per hotcake. Cook on a medium-low heat for 3-4 mins on each side. Keep the cooked ones warm in the oven while you work with the rest of the batter. Serve the warm hotcakes with the blood oranges, along with their syrup, and some crème fraîche on the side if you like.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day
PER SERVING (4) 478 kcal • fat 18g • saturates 10g •
carbs 66g • sugars 44g • fibre 3g • protein 12g •
salt 0.7g



family

5-INGREDIENT MEALS

Midweek meals couldn't be easier with these simple recipes made using five ingredients plus a few storecupboard staples

recipes CASSIE BEST *photographs* WILL HEAP



Ravioli lasagne

SERVES 2 adults, 2 children

PREP 15 mins plus cooling

COOK 1 hr 10 mins **EASY** ✱

oil, for frying

6 sausages (we used Italian sausages with herbs and fennel)

2 x 400g cans chopped tomatoes with garlic & basil

200g baby spinach

500g spinach & ricotta ravioli (or any flavour you like)

75g mixture of grated cheddar and mozzarella

1 Heat a drizzle of oil in a pan. Squeeze the sausagemeat from the skins and fry until browned, using a wooden spoon to break it up. Add the tomatoes and half a can of water and season. Simmer for 20 mins.

2 Meanwhile, put the spinach in a colander. Pour over boiled water from the kettle to wilt. Leave to cool, then squeeze out as much of the excess water as you can.

3 Heat the oven to 200C/180C fan/gas 6. Spoon a third of the sauce into a medium baking dish (about 18 x 20cm). Top with a third of the spinach and a third of the ravioli, then scatter over some of the cheese. Repeat the layers twice, making sure the final layer of ravioli is nestled into the sauce. Bake for 35-40 mins until bubbling and hot all the way through. Cover if the top starts to get too dark. *Will keep in the freezer for up to two months.*

GOOD TO KNOW calcium • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 789 kcal • fat 43g • saturates 19g • carbs 60g • sugars 15g • fibre 9g • protein 36g • salt 2.5g

Thai noodle soup with salmon

SERVES 2 adults, 2 children

PREP 15 mins **COOK** 15 mins **EASY**

4 salmon fillets, skin left on
200g dried flat rice noodles
125g red Thai curry paste
2 x 400ml cans light coconut milk
2 pak choi (about 250g), leaves separated

1 Heat the grill to high. Put the salmon on a baking tray, skin-side down, and grill for 8-10 mins until cooked through. Put the noodles in a heatproof bowl and pour over boiled water from the kettle. Leave for 5 mins.

2 Heat the curry paste in a pan for 1 min, then add the coconut milk and 400ml water. Season and bring to the boil. Drain the noodles and add to the pan with the pak choi. Heat through for 1 min, then transfer to bowls and top with the salmon.

GOOD TO KNOW calcium • iron • omega-3 • 1 of 5-a-day

PER SERVING 900 kcs • fat 51g • saturates 21g • carbs 63g • sugars 7g • fibre 4g • protein 44g • salt 1.9g



Mexican-style stuffed peppers

SERVES 2 adults, 2 children
PREP 15 mins **COOK** 35 mins
EASY V

3 large mixed peppers, halved
oil, for drizzling
2 x 250g pouches lime
& coriander rice, cooked

400g can black beans, drained
and rinsed
6 Mexican-style chilli cheese
slices (use regular cheddar or
monterey jack, if you like)
150g fresh guacamole

1 Heat the oven to 220C/200C fan/
gas 7. Remove the seeds and any
white pith from the peppers and
arrange, cut-side up, in a roasting

tin. Drizzle with oil and season,
then bake for 20 mins.

2 Combine the rice and beans.
Remove the peppers from the oven
and fill with the rice mixture. Top
each with a slice of cheese and bake
for 10-15 mins more, until the rice
has melted and the filling is hot.
Top with spoonfuls of guacamole.

GOOD TO KNOW low cal • calcium • folate • fibre •
vit c • 3 of 5-a-day • gluten free

PER SERVING 468 kcs • fat 15g • saturates 5g •
carbs 59g • sugars 11g • fibre 14g • protein 19g •
salt 2.1g



If you have any
leftover rice
and beans that
won't fit into the
peppers, warm
it up and serve
on the side.





Piri-piri chicken with smashed sweet potatoes & broccoli

SERVES 2 adults, 2 children
PREP 20 mins **COOK** 55 mins **EASY**

3 large sweet potatoes (about 900g), peeled and cut into large chunks
 oil, for drizzling
 6-8 chicken thighs, skin left on
 2 red onions, cut into wedges
 25g sachet piri-piri spice mix (or a mild version, if you like)
 300g long-stem broccoli

1 Heat the oven to 180C/160C fan/gas 4. Toss the sweet potatoes with a generous drizzle of oil and some seasoning, and tip into a very large roasting tin. Push the potatoes

to one end of the tin, then, in the other end, toss the chicken with the onions, spice mix, a drizzle of oil and some seasoning. Roast for 40 mins, stirring everything halfway through. Add the broccoli to the tin, drizzle with a little oil and season, then roast for 10-15 mins more.

2 Remove the chicken, onions and broccoli from the tin. Roughly mash the potatoes using a fork, making sure you incorporate all the chicken juices and spices from the pan. Spread the mash over the base of the tin, then top with the broccoli, chicken and onions and serve from the tin in the middle of the table.

GOOD TO KNOW fibre • vit c • iron • 3 of 5-a-day
PER SERVING 662 kcals • fat 23g • saturates 6g •
 carbs 74g • sugars 40g • fibre 15g • protein 32g •
 salt 2.1g





Ham, cheese & potato pie

SERVES 2 adults, 2 children

PREP 20 mins plus cooling

COOK 45 mins **EASY**

350g new potatoes
375g ready-rolled puff pastry
100g crème fraîche
50g thinly sliced ham
125g brie or camembert cheese,
halved and sliced
green salad, to serve (optional)

1 Boil the potatoes in salted water for 8-10 mins, until tender but still firm. Leave to cool, then slice.
2 Heat the oven to 200C/180C fan/gas 6. Unroll the pastry with its baking parchment on a baking tray. Reserve 1 tbsp of the crème

fraîche, then spread the rest over the pastry, leaving a 2cm border around the edge. Season. Layer the potatoes, ham and cheese over half of the pastry, seasoning the potatoes as you go.
3 Fold over the other half of the pastry and use a fork to seal the edges. Trim with a knife for a neat finish – the pie should look like a big sausage roll. Mix a little water into the reserved crème fraîche, then brush all over the pastry. Make a few cuts along the length, then bake for 35-40 mins until golden. Leave to cool for 10 mins, then serve with a salad, if you like.

GOOD TO KNOW calcium

PER SERVING 854 kcal • fat 59g • saturates 32g •
carbs 57g • sugars 4g • fibre 5g • protein 21g •
salt 2g

health

Delicious recipes and top nutrition tips

healthy diet plan

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meat-free marvels

■ page 75



5 healthy ideas

breakfast

Need a quick, filling energy-boost in the morning? These speedy and nutritious recipes are just the thing for busy days

Avocado & black bean eggs

SERVES 2 **PREP** 5 mins **COOK** 5 mins **EASY** **V**

Heat **2 tsp rapeseed oil** in a large non-stick frying pan over a medium heat. Add **1 red chilli, deseeded and finely sliced**, and **1 large finely sliced garlic clove**. Cook until softened and starting to colour. Break in **2 eggs** on either side of the pan. Once they start to set, spoon **400g can black beans** (along with their juice) and **200g can cherry tomatoes** around the eggs, and sprinkle over **1/4 tsp cumin seeds**. Warm the beans and tomatoes for about 5 mins. Remove the pan from the heat and scatter over **1 halved and sliced avocado** and a **handful of coriander**. Squeeze over the **juice of 1/2 lime**. Serve with **lime wedges** for squeezing over.

GOOD TO KNOW healthy • fibre • 3 of 5-a-day • gluten free
PER SERVING 356 kcals • fat 20g • saturates 4g • carbs 18g • sugars 5g • fibre 11g • protein 20g • salt 0.8g

Banana oat pancakes

MAKES 8 **PREP** 5 mins **COOK** 15 mins **EASY** **V**

Put **125ml oat milk**, **2 egg yolks**, **1 small banana**, **100g rolled oats**, **2 tsp baking powder** and a **drop of vanilla extract** in a blender and process to a smooth mixture. Whisk **2 egg whites** in a bowl until they hold stiff peaks. Whisk 1-2 tbsp of the whites into the batter, then fold in the rest. Heat a non-stick pan over a medium heat and spray with a little **oil**, pour about 2 tbsp of batter into the pan and cook for 1-2 mins, until the base sets and bubbles appear all over the top. Flip and cook the other side for a minute. Repeat in batches, making sure the top looks dryish before attempting the flip, or the centre will collapse. Serve with **berries**.

GOOD TO KNOW healthy
PER SERVING 350 kcals • fat 10g • saturates 2.5g • carbs 46g • sugars 10g • fibre 5g • protein 15g • salt 1.4g

Overnight oats

SERVES 1 **PREP** 10 mins
NO COOK **EASY** **V**

The night before breakfast, stir **1/4 tsp cinnamon** and **100ml water or milk** into **50g rolled porridge oats** with a pinch of salt. The next day, loosen with a little more water or milk, if needed. Top with **2 tbsp natural yogurt**, **50g mixed berries**, a **drizzle of honey** and **1/2 tbsp nut butter** (we used almond butter).

GOOD TO KNOW healthy
PER SERVING 348 kcals • fat 11g • saturates 2g • carbs 46g • sugars 13g • fibre 6g • protein 13g • salt 0.7g

Açaí bowl

SERVES 1 **PREP** 5 mins
NO COOK **EASY** **V**

Put **2 tsp açaí powder**, a **handful of frozen berries**, **1/2 ripe chopped banana** and a **handful of ice cubes** into a blender with 100ml water. Blitz until smooth, then pour into a bowl and add your choice of toppings. We used **1 tsp coconut flakes**, **5 pineapple chunks**, the **flesh of 1/2 passion fruit** and **1 tbsp toasted oats**.

GOOD TO KNOW vegan • fibre • vit c •
 2 of 5-a-day • gluten free
PER SERVING 180 kcals • fat 8g • saturates 5g • carbs 19g • sugars 13g • fibre 7g • protein 3g • salt 0.1g

Tofu scramble

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** **V**

Heat **1 tbsp olive oil** in a frying pan over a medium heat and gently fry **1 finely sliced onion** for 8-10 mins until golden. Stir in **1 crushed garlic clove**, **1/2 tsp turmeric**, **1 tsp ground cumin** and **1/2 tsp sweet smoked paprika** and cook for 1 min. Roughly mash **280g extra firm tofu** in a bowl using a fork, keeping some pieces chunky. Add to the pan and fry for 3 mins. Raise the heat, then tip in **100g halved cherry tomatoes**, cooking for 5 mins more until they begin to soften. Fold **1/2 small bunch chopped parsley** through the mixture. Serve on its own or with **toasted rye bread** (gluten-free, if you like).

GOOD TO KNOW vegan • healthy • low cal •
 1 of 5-a-day • gluten free
PER SERVING 225 kcals • fat 14g • saturates 1g • carbs 7g • sugars 4g • fibre 3g • protein 15g • salt 0.1g



Banana oat pancakes

Tofu scramble

Avocado & black bean eggs



healthy diet plan

better beans

Homemade baked beans win hands down when it comes to taste and texture. Try our speedy recipe

photograph DANIELLE WOOD recipe SARA BUENFELD

Healthy baked beans

SERVES 4 **PREP 10 mins**

COOK 15-20 mins **EASY**

✿ beans only



- 1 tsp rapeseed oil
- 1 large onion (185g), finely chopped
- 2 garlic cloves, finely grated
- 500g carton passata
- 3 pitted dates (about 15g), roughly chopped
- 1 tbsp balsamic vinegar
- 2 tsp bouillon powder
- 1 bay leaf
- 3 x 400g haricot beans, drained
- 4 medium cooked jacket potatoes

1 Heat the oil in a non-stick saucepan over a low heat and fry the onion for 5 mins until golden. Add a drop of water if it looks like it's starting to burn.

2 Stir in the garlic, then tip in the passata, dates, vinegar, bouillon and bay leaf. Grind in plenty of black pepper and simmer for 5 mins.

3 Tip in the beans and 400ml water, then simmer for 10 mins, stirring every now and then until thick. *To freeze, leave to cool completely, then divide between freezer bags and freeze for up to three months. Defrost thoroughly in the fridge overnight and reheat in a pan until piping hot.* Serve over jacket potatoes.

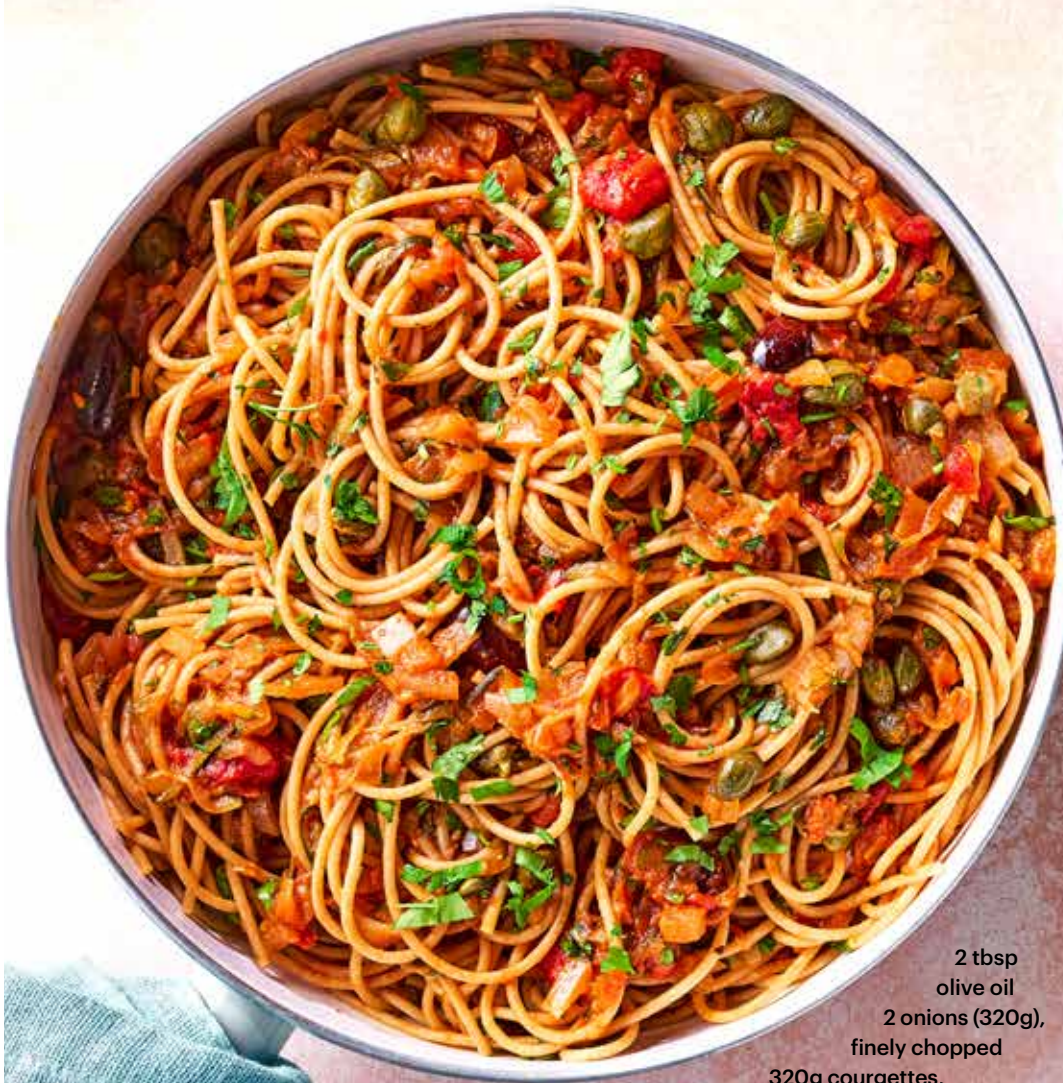
GOOD TO KNOW low fat • low cal • 3 of 5-a-day • fibre • gluten free

PER SERVING 392 kcals • fat 4g • saturates none • carbs 58g • sugars 13g • fibre 21g • protein 21g • salt 1.7g



meat-free marvels

Combine these flavourful meals with the veggie and vegan recipes in the main plan for a week-long vegetarian diet plan



Veggie spaghetti puttanesca

Although traditionally made with anchovies, the flavour of this pasta dish works well without. We have also snuck in an extra portion of veg in the form of courgettes – they disappear into the sauce, so you hardly know they're there.

SERVES 4 PREP 10 mins
COOK 25 mins EASY V



2 tbsp olive oil
2 onions (320g), finely chopped
320g courgettes, coarsely grated
3 large garlic cloves, crushed
1/4-1/2 tsp chilli flakes (optional)
400g can chopped tomatoes
2 tbsp tomato purée
1 tsp balsamic vinegar
1 tsp vegetable bouillon powder
8 Kalamata olives, stoned and halved lengthways
2 tbsp capers, drained
300g wholemeal spaghetti
15g flat-leaf parsley, finely chopped
40g vegetarian Italian hard cheese, finely grated

1 Heat the oil in a large non-stick pan over a medium heat. Add the onions and fry for 5-8 mins until starting to colour. Add the courgette, garlic

and chilli flakes, if using, and cook for a further 3-5 mins until the courgette starts to go very soft.

2 Stir in the tomatoes, a can full of water, tomato purée, the vinegar, bouillon, olives and capers, bring to a gentle simmer and cook, uncovered, for 15 mins.

3 Meanwhile, bring a large pan of salted water to the boil. Cook the spaghetti following pack instructions, then drain and toss with the sauce and parsley. *Serve two portions with half the cheese scattered on top, and chill the rest for another day. Will keep chilled for up to three days. Reheat portions in the microwave until piping hot, or on the hob, covered, over a medium heat with a splash of water to loosen.*

GOOD TO KNOW low fat • low cal • fibre • vit c • iron •
3 of 5-a-day
PER SERVING 444 kcal • fat 12g • saturates 3g •
carbs 60g • sugars 11g • fibre 12g • protein 18g • salt 1.1g



Spinach-stuffed pizza pies

Who doesn't love pizza? We took on the challenge to develop this 'healthy' version that is rich in fibre and protein. The dough is also quick and easy to prepare

SERVES 4 **PREP** 15 mins plus 20 mins proving **COOK** 30 mins **EASY V**



For the dough

1 tsp rapeseed oil, plus a drop for the tins

450g wholemeal spelt flour

7g sachet fast-action dried yeast

For the filling

2 tsp rapeseed oil

2 onions (320g), halved and thinly sliced

320g chestnut mushrooms, thinly sliced

4 garlic cloves, finely grated

1 tsp vegetable bouillon powder

500g baby spinach

200g ricotta

2 tbsp thyme leaves

2 tbsp tomato purée mixed with 3 tbsp water

20g vegetarian Italian-style hard cheese, finely grated

a few leaves of basil, to serve

1 Heat the oven to 220C/200C fan/gas 7 and oil two 21cm loose-based shallow sandwich tins. To make the dough, tip the flour into a bowl and stir in the yeast. Pour in the 1 tsp oil and 280ml warm water, then bring together, first with a cutlery knife, then your hands, to make a soft, pliable dough. Add 20ml more water if needed. Cut into quarters and cover with a tea towel.

2 For the filling, heat the oil in a medium pan over a medium heat and fry the onions for 5 mins until they start to colour and soften. Add the mushrooms and garlic, and continue to cook, stirring frequently, until cooked through. Stir in the bouillon powder and spinach, cook until wilted, then add the ricotta and thyme.

3 Take a piece of dough and roll it out so that it lines one of the

sandwich tins with just a little bit of overhang. (Try not to add any extra flour when rolling if you can.) Spoon in half the filling, spread it out with the back of the spoon, then roll another piece of dough so that it fits snugly inside the tin. Fold over the overhang so that the filling is completely enclosed, then spread over half the tomato purée mixture and scatter with half the cheese. Repeat with the rest of the dough, filling and topping to make two pies, then put in a warm place for about 20 mins to rise. Bake for 15-20 mins until golden, then leave to cool in the tin for 5 mins before serving with a few leaves of basil scattered over. *Serve one pie between two people straightaway. Leave the other pie to cool. Will then keep chilled for up to three days. Reheat in the oven at 200C/180C fan/gas 6 for about 12-15 mins.*

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • 4 of 5-a-day

PER SERVING 574 kJ • fat 14g • saturates 6g • carbs 77g • sugars 10g • fibre 16g • protein 27g • salt 0.8g



Chilli paneer with quinoa

This is a twist on chilli con carne combining beans and warming spices with Indian cheese, served on quinoa instead of rice to add extra protein. We've used kidney beans, but for a chunkier texture, use half kidney beans and half butter beans

SERVES 4 **PREP 10 mins**
COOK 25 mins **EASY V**



140g paneer, cut into small chunks
1 tbsp smoked paprika
1 tsp rapeseed oil
1 red and 1 green pepper, deseeded and diced
4 large garlic cloves, sliced
2-3 celery sticks (140g), sliced
1 tbsp ground cumin
½ tsp chilli flakes (optional)
2 x 400g cans plum tomatoes
2 x 400g cans red kidney beans, undrained
2 tsp vegetable bouillon powder
2 tsp dried oregano
120g quinoa
15g coriander, chopped, plus extra to serve, if you like

1 Toss the paneer with ½ tsp of the paprika. Heat the oil in a large non-stick pan over a medium heat, then fry the paneer, turning until golden. Remove from the pan and set aside on a plate, then add the peppers, garlic and celery, remaining cumin and chilli flakes, and briefly stir over the heat. Tip in the tomatoes and beans along with the water from the can, the bouillon and oregano. Use a wooden spoon to break up the tomatoes, then leave to simmer, uncovered, for 20 mins until the vegetables are tender, stirring occasionally.

2 Meanwhile, cook the quinoa following pack instructions, drain and set aside for 10 mins. Stir the coriander and paneer into the beans, and sprinkle over extra coriander just before serving. *Serve half the chilli with half the quinoa. The remainder will keep chilled for up to three days. Reheat in the microwave or on the hob, covered, over a medium heat with a drop of water to loosen until piping hot.*

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 446 kcs • fat 13g • saturates 6g • carbs 47g • sugars 12g • fibre 18g • protein 26g • salt 1.1g

Egg wraps with black beans & rocket

As well as being an almost complete package of all the nutrients we need, studies have shown that eggs can sustain you for longer than a carb-based meal of equivalent calories.

SERVES 2 **PREP 5 mins**
COOK 20 mins **EASY V**



1 red pepper, deseeded and sliced
2 tsp rapeseed or olive oil
1 garlic clove, finely grated
½ tsp ground cumin
1 tsp ground coriander
1 tsp vegetable bouillon powder
400g can black beans
For the wraps
4 large eggs
handful of chopped parsley or coriander
4 tbsp porridge oats
2 tomatoes, chopped
2 handfuls of rocket

1 Put the pepper in a large non-stick pan with 1 tsp of the oil. Cover and cook over a medium heat for 10 mins, stirring occasionally. Add the garlic and spices, then tip in the bouillon and beans, along with the water in the can, then cook for a few minutes, stirring until slightly reduced. Mash the beans a couple of times to thicken the mixture.

2 For the wraps, beat 2 eggs in a bowl with half the parsley or coriander and half the oats. Heat half the remaining oil in a 21cm non-stick frying pan, and fry the egg mixture for 1 min 30 secs until almost set, then turn over. Fry for another 30-60 seconds. Tip onto a plate, spoon half the filling down the centre and scatter over half the tomato and rocket, then roll up and serve. Repeat the process with the rest of the ingredients to make the other wrap.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 503 kcs • fat 18g • saturates 4g • carbs 46g • sugars 7g • fibre 15g • protein 31g • salt 1.5g



Vegan roast spiced squash salad with tahini dressing

Nutrient-rich and packed with flavour, this salad is as good chilled for lunch next day as it is fresh from the oven.

SERVES 4 **PREP 10 mins**
COOK 40 mins **EASY V**



320g diced butternut squash
3 red onions (320g), cut into wedges
2 tbsp rapeseed oil
2 tsp smoked paprika
1 tsp cumin seeds
2 tbsp chopped thyme
125g quinoa
½ x 85g bag kale
2 tbsp pumpkin seeds
2 tbsp tahini
2 tbsp apple cider vinegar
1 garlic clove, finely grated
2 x 400g cans lentils or borlotti beans, very well drained
50g pomegranate seeds
4 generous handfuls of rocket

1 Heat the oven to 200C/180C fan/gas 6. Tip the squash and onions onto a large baking sheet and toss with 1 tsp of the oil. Spread out and sprinkle with the paprika, cumin and thyme, then roast for 30 mins.

2 Meanwhile, cook the quinoa following pack instructions, then drain well (or the base of the salad will be too wet).

3 Add the kale to the tray of veg, sprinkle over the seeds and return to the oven for 10 mins.

4 For the dressing, mix the tahini and remaining oil with the vinegar, garlic and 2 tbsp water.

5 Put the quinoa in a bowl and toss with the lentils or beans. Pile half into a salad bowl and the rest into two lunchboxes or bowls. Divide the veg on top, then drizzle with the dressing, scatter over the pomegranate seeds and top with the rocket. *Chill the other two portions for the next day. Will keep chilled for up to three days.*

GOOD TO KNOW vegan • healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 436 kcs • fat 17g • saturates 2g • carbs 43g • sugars 10g • fibre 18g • protein 19g • salt 0.4g



Spicy veggie pies with peanut butter mash

Loaded with protein and carbs, this meal is ideal for enjoying after a workout.

SERVES 4 (2 pies) **PREP 35 mins**
COOK 1 hr 5 mins **EASY V**



1 onion (185g), roughly chopped
2 large garlic cloves
25g fresh ginger, chopped
1 tsp ground turmeric
1 tbsp each ground coriander and cumin
1-2 tsp rapeseed oil
400g can plum tomatoes
2 celery sticks (150g), thinly sliced
1 large aubergine (320g), diced
320g sweet potato, cut into chunks
2 tbsp tomato purée
2 tsp vegetable bouillon powder
1 bay leaf
1 red chilli, deseeded and sliced
2 x 400g can black-eyed beans, undrained

For the mash

900g potatoes, cut into chunks
75g chunky peanut butter
1 tbsp lime juice
1 tbsp unsweetened fortified almond or oat milk
20g coriander, finely chopped

1 Put the onion, garlic, ginger and spices in a bowl and blitz with a hand blender to a smooth paste. Heat the oil in a large non-stick frying pan, add the spice paste, cover and cook over a low heat for 5 mins, stirring occasionally. Tip in the tomatoes, plus a can of water, then add the celery, aubergine, sweet potato, tomato purée, bouillon powder, bay leaf, chilli and beans, along with the water in the can. Cover and simmer for 30 mins, stirring every now and then. If the mixture looks dry, add a drop more water.
2 Meanwhile, heat the oven to 220C/200C fan/gas 7. Boil the potatoes for about 15 mins, then drain well and mash with the peanut butter, lime juice, almond milk and coriander. Spoon the filling into two pie dishes (ours were 24cm x 17cm), then dot the mash over the top and spread to cover. Bake one pie for 15 mins to serve straightaway. *Chill the remaining pie to eat another day. Will keep chilled for up to three days. To reheat, bake at 190C/170C fan/gas 5 for 30-40 mins or until piping hot.*

GOOD TO KNOW vegan • healthy • fibre • vit c • 5 of 5-a-day • gluten free
PER SERVING 604 kcs • fat 15g • saturates 3g • carbs 83g • sugars 21g • fibre 21g • protein 24g • salt 1.4g



Dhal poached eggs with herby raita

Beans and pulses like lentils and chickpeas are rich in protein, iron and fibre. In our take on dhal, we've combined them with eggs for a nutrient-rich meal.

SERVES 4 PREP 10 mins
COOK 35 mins EASY V



- 2 tbsp rapeseed oil
- 2 onions (320g), halved and thinly sliced
- 2 tsp each cumin seeds and turmeric
- 1 tsp mustard seeds
- 2 tbsp garam masala
- 4 garlic cloves, sliced
- 1 red chilli, deseeded and sliced
- 175g red lentils
- 400g can chickpeas
- 2 tsp vegetable bouillon powder mixed with 700ml boiling water
- 320g baby spinach

8 large eggs

For the raita

- 150g natural bio yogurt
- 1 garlic clove
- very thin slice of fresh ginger
- 20g coriander leaves, plus a few extra leaves to serve (optional)
- 10g mint leaves

- 1** Heat the oil in a large frying pan over a medium heat and fry the onions for 5 mins until they start to colour. Stir in the spices, garlic and chilli, and cook for a few more seconds until aromatic.
- 2** Add the lentils, chickpeas and stock, then cook, uncovered, for 15 mins until the lentils are tender. Stir in the spinach until wilted.
- 3** Remove half the dhal from the pan and leave to cool. *Will keep chilled for up to three days.* Break 4 eggs, spaced apart, into the lentils that are left in the pan, cover and cook over a medium heat for 8-10 mins.
- 4** Meanwhile, put all the ingredients for the raita in a bowl and blitz together using a hand blender.

- 5** Serve the eggs and dhal with half the raita and scatter over a few extra coriander leaves, if you like. *The remaining raita will keep chilled for up to three days. Reheat the dhal in a pan over a medium heat until bubbling. Add a drop of water if it looks dry, then cook the eggs in the hot dhal as described in step 3 and serve with the remaining raita.*

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 560 kcals • fat 22g • saturates 5g • carbs 46g • sugars 10g • fibre 10g • protein 38g • salt 1.6g



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ROBERTO'S SIGNATURE BRUNCH

The award-winning Italian restaurant at DIFC unveils a tantalizing Saturday brunch menu





Brunch goes on the prowl for something special on a Saturday can brighten up their afternoon with the newly launched Signature Brunch at Roberto's, DIFC. Featuring a 5-course menu, diners will be treated to weekly specials from Head Chef Danilo Valla, which comes into play at Roberto's raw bar. DJ Samer Egy livens the mood with light tunes along with an electric cello player and a captivating, angelic singer, making it the perfect touch to the Roberto's Signature Brunch.

The curated five-course menu comprises delicate sharing dishes including Burrata, slow-cooked roasted octopus (Polpo), Pizza Roberto's and Fried calamari paired with prawns and zucchini. In modern Italian style, savour the delicate wild forest and portobello mushroom risotto with shaved black truffle or the calamarata pasta for the second course. The roasted black Angus ribeye, Ribeye di Manzo, is a succulent highlight for meat lovers, an expression of Roberto's sophisticated approach to modern Italian cuisine.

Alongside the authentic dishes on display, indulge in handcrafted concoctions and mocktails. To round out Roberto's brunch journey on a sweet note, the distinguished Tiramisu, Profiterole, Lemon E Lemon, Pistachio and Sorbet will keep tongues tingling.

The exclusive Italian restaurant welcomes stylish foodies and DIFC's movers and shakers for an unforgettable afternoon experience.

Price: AED 395 / AED 595 / AED 745 / AED 925 – inclusive of tax. Full prepayment is required.

Time: 1PM - 4PM

Day: Every Saturday

Location: Roberto's, Gate Village, DIFC

(A la carte unavailable from 1-4pm. Only 21 years and above.)

For reservations, contact +971 4 386 0066, email reservations@robertos.ae or visit www.robertosrestaurants.com and @robertosdubai.



POOLSIDE EXPERIENCES

Two stunning, unique pool and dining spots to soak up the sun



Aura Skypool Dubai

Idyllic island vibes meet city living at the world's first and highest 360-degree infinity swimming pool, sited at a dizzying height of 200 metres at The Palm Tower. Offering breathtaking vistas of the Palm Jumeirah, Burj Al Arab, the iconic Dubai skyline and the shimmering horizon of the Arabian Gulf, the sprawling space complete with

lush greenery features an upscale lounge bar; single and double sunbeds; cabanas; a calming colour palette of neutral hues with pops of oceanic shades, and an impressive food and beverage menu.

WHAT TO EXPECT?

We were instantly guided towards a comfortable double sunbed facing the Marina, with views of Ain Dubai in the distance. After a quick stroll around the premises spanning the entire 50th floor, we headed for the changing rooms equipped with luxe amenities, lugging along the large tote placed by every sunbed.

Around this time of year, the afternoon session can bring along a welcome breeze as you make your way throughout the pool that snakes the chic deck. We swam and leisurely meandered around, taking in the unrivalled views from one of the city's most exquisite rooftop pools. Chill tunes and an eclectic ambience complete

the experience, and even though there's chatter in the air, we were still able to while away with a good read.

Parched after our first dip, my dining partner and I perused the beverage menu for a concoction. Inspired by iconic Asian cities, the drinks list features innovative signature blends with yuzu, lemongrass and a variety of herbs and citrus fruit that pack in a punch. Complement your drink with all-time-favourite poolside snacks including light, crisp Szechuan pepper squid with lime aioli and juicy, well-coated Dynamite rock shrimp with Asian slaw.

For a more substantial bite, try the succulent Wagyu beef sliders with a moreish beef bacon jam that coats the inside of the potato bun, sitting alongside pickled slaw and mustard aioli on the patty. With an explosion of flavours and textures in each bite, it's the perfect sandwich to tuck into with a side of Truffle fries with smoked Gouda. The Gochujang cauliflower popcorn is





another winner - a delectable vegetarian snack that's crunchy on the outside, coated with a chilli honey glaze. The generously sized pieces are easy to fill up on, so we highly recommend sharing, especially if you have your eyes on the Yakitori selection.

Relax back with your pretty concoction or take your pick from the grape list, as you indulge in poolside

nosh. After a couple more dips around sunset, and when you start to feel peckish, order the Balinese satay chicken with peanut sauce and the Malaysian spiced ribeye with chilly dip – both incredibly tender bites with robust flavours that sink deep beneath the surface.

The magical yon orange sunset will leave you in awe as it tints the sky. Crowds tend to leave soon after dusk but do stay until 7pm to gaze at the city of bright lights as it comes alive at night.

BOOK NOW

Open daily from 10am to sunset with three packages: Morning, Afternoon Sunset and Full Day. Bookings are available as per the views and row seats with prices from AED200 and Lounge access from AED150 per person. For the entire price list and floorplan, visit auraskypool.com.

SoulBeach Dubai

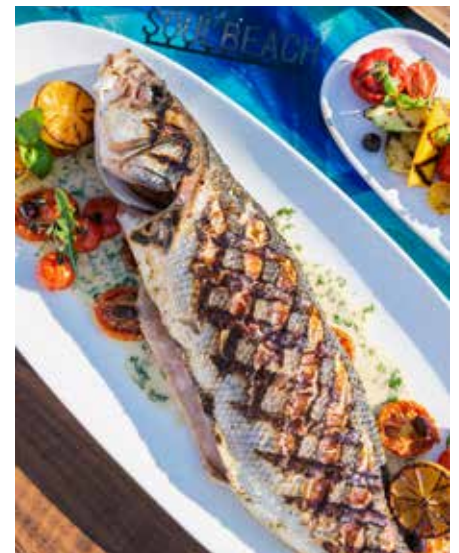
SoulBeach Dubai is a new beach club destination at JA The Resort in Jebel Ali. A sprawling (3,000 square metre) oasis, you can expect to find azure waters, white sands, a vibrant beach and poolside sunbeds, an indoor and outdoor restaurant and lounge, distinct beverage bars, a rooftop event space and best of all, an infinity pool.

When you get to the location, before even reaching SoulBeach Dubai, you instantly feel an air of exclusivity. A golf cart picks you up and takes you on a short ride to the spectacular setting, perched at the edge of the dazzling marina within the manicured grounds of the resort.

WHAT TO EXPECT?

Upon entering, a lively setting evocative of a coastal Ibiza party, greets you with upbeat music, colourful elements and acts featuring performers and fire dancers. As soon as we settled into our spacious cabana, we were served cold pink grape in a recyclable glass bottle, a refreshing welcome, especially as we enter the warm summer months. The venue is vast, and right in the middle of the club between the pool and the beach is the DJ deck, where DJ and music producer Shehzad K, ensures a good time with a smooth and steady supply of vocal, tech, funky and progressive house tunes.

After working up an appetite with a dip or three, it was time for lunch. Imagined in the style of Southern French cuisine, chef Freddie Fouad's à la carte menu offers





a selection of delightful sustenance, with a special focus of seafood. Although you have the choice to dine at your cabana or lounge bed, we decided to change up the scene and feast at the outdoor restaurant overlooking the pool.

To begin, a tray of juicy pulled-beef sliders showed up. These winning, must-have four-bite buns packed with short rib, pickled red onion and melted aged Cheddar were sublime. The Lobster SoulBeach salad brimming with avocado, black cherry tomato, tarragon, baby gem and white balsamic vinaigrette, alongside a portion of French Riviera tuna salad adorned with roasted capsicum, potato, olive; and Sea bass ceviche with grapefruit, avocado, smoked almond and chilli, are cold

appetizers perfect for a light poolside lunch. We then tucked into a soul-warming serving of Smoky wagyu beef meatballs in a tomato sauce with parsley pesto, parmesan. A wholesome dish you'd probably find at your grandma's home, it's perfect for two to share (or not). Ask for a side of crusty bread to mop up the leftover juices.

The main event called for two irresistible items off the grill, Jumbo tiger prawns with fresh salsa verde and grilled Octopus over almond picada. A feast for the eyes and your palate, the seafood spread was just what we needed to complete our blissful dip and dine pool day.

But not before satisfying our sweet tooth with an innovative Piña colada dessert featuring pineapple

jelly, a sherbet of sugarcane distillate and coconut ice cream; and the timeless Peach melba with vanilla ice cream, raspberry coulis and caramelised almond. While the fruity flavours made me happy, my dining partner - you guessed it - requested a molten Chocolate fondant that was sinful and satisfying.

BOOK NOW

Daily from 10am-10pm. AED150 per person from Monday to Friday (inclusive of AED 100 redeemable on F&B) and AED200 on Saturday and Sunday (inclusive of AED150 redeemable on F&B). From AED500 minimum spend for the Cabana on weekdays. Call +9714 814 5126 or visit [instagram.com/soulbeachdxb](https://www.instagram.com/soulbeachdxb).

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



SATURDAY BRUNCH AT PORTERHOUSE STEAKS & GRILLS FOR TWO ADULTS, WORTH AED700

Porterhouse Steaks & Grills has introduced an all-new Saturday brunch offer in Dubai. The PH Brunch, also known as the Prohibition Brunch, will take you back to the 19th century prohibition era in USA, where a day out with friends to grab a pint or shot was prohibited. Join the insurgence at this new Dubai brunch and pay homage to the heroes of the anti-prohibition revolution. One lucky winner will receive a voucher to enjoy the Saturday brunch at Porterhouse Steaks & Grills, inclusive of unlimited soft beverages.



MEAL FOR TWO 'AROUND THE GRILL' AT THE CHEDI AL BAIT SHARJAH, WORTH AED500

The Chedi Al Bait Sharjah offers a lesson in boutique cultural chic with its tasteful design, lantern-lined alleyways, library, café, hammam and spa. One lucky winner will win an 'Around the Grill' meal for two, where diners can gather around the fire and enjoy a speciality grill night featuring seafood, prime cuts and curated selections from the 'Around the Grill' menu. Whether you choose to sit in the classic Emirati-style indoor dining room or out in the courtyard, you will find yourself having a lovely time.



VOUCHER TO DINE AT BRAVO! WORTH AED500

Inspired by the UAE's culture of diversity, BRAVO! brings the best street food from different cities around the world, to the heart of food street in Ajman. Expect mouthwatering bites from different cultures, that will take you on a culinary journey across the globe. From slow-cooked beef and addictive Birria tacos to hearty Mexican beef stews and BRAVO!'s very own twist on the OG Kunafa, allow yourself to experience different eats under one roof. Here's a chance for foodies to win a dining voucher with BRAVO!



VOUCHER TO DINE AT HIGH NOTE POOL AND SKY LOUNGE, WORTH AED500

High Note Pool and Sky Lounge, sited at Aloft Mina near Rashidiya Port, is an effortlessly chic rooftop setting that is ideal for laidback pool days, fun brunch scenes, sundowners, special celebrations and cheeky late-night catchups. One lucky person will receive a voucher to enjoy a selection of punchy artisan concoctions and tapas-style bites in the day, or hearty mains in the evening. Expect live bands to take over the space when the sun sets, elevated by a spectacular view of Dubai's glittering skyline.



RUDE HEALTH HAMPER, WORTH AED 500

A brand renowned not only for creating dairy-free, flavourful beverages, but for its incredible brand ethos too, Rude Health has just launched in Spinneys and Waitrose stores across the UAE. Take your pick from a milk range of Almond, Coconut, British Oat, Hazelnut, Cashew and Brown Rice, and a cereal range offering The Ultimate Granola, Crunchy Berry Granola and Bircher Muesli. Each product is made from premium, high-quality ingredients and contains zero artificial or refined components. One lucky winner will receive an incredible Rude Health hamper to enjoy.



SATURDAY BRUNCH AT REFORM SOCIAL & GRILL, WORTH AED900

A place where parents can relax whilst their kids enjoy the Lakeside play area and spacious green surrounds, Reform Social & Grill is offering one lucky family a voucher to enjoy their Saturday brunch. Expect an abundance in fun for the little one, with stations for arts and crafts, ceramic design and jewellery making; complemented by favourites from a kids' approved menu. Parents can tuck into classic British brunch bites alongside free-flowing fizz, with live music setting the mood and a comedian and magician keeping you entertained.



VOUCHER FROM THE COFFEE CLUB UAE, WORTH AED500

Treat yourself to breakfast, lunch or dinner at any of The Coffee Club's 22 outlets across UAE. Their recently launched 'Smart Eating' menu, which also includes nutritional information for each dish, has returned for its third season teeming with dishes across the brand's plant-based, vegan and keto categories. One lucky winner will receive a voucher to enjoy scrumptious bites, complemented by a selection of fresh smoothies, the concept's Signature blend crafted from high quality, medium dark roasted coffee beans and more.



NATRL BOX WATER PACKAGE, WORTH AED600

natrl Box Water is the first boxed mineral water to have launched in the UAE. The premium and sustainable water brand offers 100 per cent deep Artesian natural mineral water that is sourced and boxed onsite at the Heretaunga Aquifer within the Heretaunga Plains in New Zealand. natrl Box Water offers a natrl pH balance of 7.5, the same as our bodies, and the brand's clean design makes it convenient to store and transport. One winner will receive ten boxes of natrl Box Water.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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